

**ROBERTSON COLLEGE**  
work shouldn't be work.  
Train for a career as a  
**PHARMACY TECHNICIAN**  
403.920.0070 www.STARTYOURCAREER.ca

**LUNCH RUSH**  
**BLUE STAR DINER**  
**OFFERS A DELECTABLE**  
**MENU {page 22}**



**EXPERT HELPS**  
**EXPLAIN THE**  
**MEANING**  
**BEHIND DREAMS**  
**{page 27}**

**Quiznos**  
OVER  
**\$15**  
**IN SAVINGS**  
**SEE PAGE 3**

**CALGARY**  
**metro**®  
Tuesday, September 13, 2011  
www.metronews.ca  
News worth sharing.

# City ignoring Calgarians: Official

Chair of finance committee says potential service cuts go against the wishes of residents in the city



Potential cuts to key service groups including police and fire-fighters have one Calgary alderman sounding alarm bells and

accusing city council of ignoring the wishes of citizens. Ald. Gord Lowe, who chairs the city finance committee, pointed to results from this year's \$1 million public-engagement process, called "Our Budget. Our City. Our Future." Lowe said the results show a majority of Cal-

garians advocated for continued or improved levels of service. "It's my view that some or all of (the cuts) wouldn't have been necessary if council had listened to Calgarians," Lowe said yesterday. This past June, Lowe pushed for a property-tax-rate increase

of 8.7 per cent for 2012, and six per cent for both 2013 and 2014, but council eventually settled on a five per cent hike next year and small increases for the subsequent two years. Mayor Naheed Nenshi, who was in favour of the lowered tax hike, did not respond to a request

for comment at press time yesterday. Calgary Police Association president John Dooks said he agrees with Lowe. "If I had a choice between more police on the streets and lower taxes, I would choose the police," he said.

**Sneak. Peek**





► Construction continues on the Peace Bridge in Calgary.

**Transit**  
**Another look at safety**  
LRT deaths have officials scratching their heads {page 3}

**Bus driver assault**  
Video of alleged attack filmed by citizen leads to arrest {page 6}

Peace Bridge construction set to end sometime in 2012

**Your hospitals, made cleaner.** Alberta Union of Provincial Employees. **Your working people.** **AUPE** 



GMC    **2011**

# MODEL YEAR WRAP UP

OVER **460** 2011 VEHICLES PRICED TO CLEAR!!!  
CASH CREDITS UP TO \$10,000  
FINANCING AS LOW AS 0%



C110755

CHEVY CRUZE

**\$14,995** \$99 bi-weekly

**CHEVY COLORADO** was \$26,060

**20**  
in-stock



**\$14,995**  
\$99 bi-weekly

C110717

**CHEVY MALIBU**

LT PLATINUM

was \$29,690

**20**  
in-stock



**\$22,754**  
\$149 bi-weekly

6 spd auto, chrome wheels, suede leather power seats, Bluetooth, 6 speaker stereo, heated seats, steering wheel stereo controls, remote start

C110413

**CHEVY CAMARO** was \$28,880

**21**  
in-stock



**\$23,995**  
\$161 bi-weekly

C111363

**CHEVY 1500**

EXTENDED CAB 4X4

was \$36,105

**133**  
in-stock



**\$22,900**  
\$154 bi-weekly

C111490

taxes and fees not included, Colorado \$500 down, Malibu \$100 down, finance is 60/84 4.99% APR, O.A.C. errors and omissions exempt



**cmpauto.com 403-705-8380**

**CORNER OF 16TH AVE & 36 ST. N.E.**  
MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM



## LRT deaths prompt safety review

Five deaths as a result of LRT collisions since July have Calgary Transit officials scratching their heads and pledging to review safety measures.

"It's unusual to have this number of fatalities concentrated around the same time frame," said Brian Whitelaw, coordinator of public safety and relations.

The most recent death, involving a 23-year-old male, occurred Sunday at Chinook Station. Investigators have determined some of the fatalities were intentional.

Transit officials are now reviewing any common themes surrounding the deaths, and also plan to consult with other city transit systems to see how they deal with the "human dynamic" of such incidents, Whitelaw said.

Two of the incidents have involved cyclists at ground-level crossings.

At yesterday's city council meeting, Ald. Ray Jones raised questions of administration to ensure that they are taking all necessary safety precautions.

"I don't know how you legislate for safety when people aren't taking precautions themselves," said Jones, whose ward has seen LRT-involved deaths over the past two weeks.

"If you can't hear those bells and see those barriers coming down, something's wrong."

● JEREMY NOLAIS



► Paul Hebert smiles Sunday after announcing that his son, Kienan, inset, had been returned home. At left is the three-year-old boy's mother, Tammy.

# Boy's home unlocked before return: Father

► Hebert says he's confident RCMP did all they could and credits force for Kienan's safe return ► Three-year-old said to be coping well

Just how three-year-old Kienan Hebert was brought back to his British Columbia home undetected in the dark of night may have a deceptively simple answer: the doors were unlocked.

Kienan was returned to his family home in Sparwood, B.C., early Sunday morning nearly a week after he disappeared from the very same two-storey house.

The house was unoccupied at the time, with

Kienan's large family staying a few doors down, and just hours earlier the boy's father made an emotional plea for whoever had his son to leave him in a safe location.

The sudden turn of events raised immediate questions about how a kidnapper could enter the home undetected for a second time, but yesterday, Kienan's father Paul offered the explanation.

"We left the doors unlocked on purpose," Paul

Hebert, sounding exhausted but relieved, said in an interview.

"We asked him to bring him back to a safe place, and he brought him back to our house."

Hebert declined to say whether he left the doors unlocked on the advice of police.

The sole suspect in Kienan's disappearance remains convicted sex offender Randall Hopley, 46, who was still at large.

THE CANADIAN PRESS

### Timeline

- **Tuesday, Sept. 6:** Kienan Hebert goes missing from his home after being put to bed.
- **Wednesday, Sept. 7:** Police issue an Amber Alert.
- **Saturday, Sept. 10:** Kienan's parents make an emotional plea for his safe return as police confirm the boy was kidnapped.
- **Sunday, Sept. 11:** Kienan found inside his home after 911 call to police.

# 1

  
news


Astronomers say they've discovered a potentially livable planet. Only problem is the 50-degree heat. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at [metronews.ca](http://metronews.ca)

**Allan Small says that better leadership on the part of the U.S. and the European Union could lead to a rebound in the markets. More at [metronews.ca/investing](http://metronews.ca/investing)**

# SOUTHERN BBQ PULLED PORK



**\$2 OFF** any lrg. sub  
OR  
**\$1 OFF** any reg. sub



Quiznos

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUH 1246

**50% OFF ANY SUB** with the purchase of a regular fountain drink



Quiznos

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUH 8030

**BUY 1, GET 1 FREE** of equal or lesser value with the purchase of 2 regular fountain drinks



Quiznos

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUH 8010

• Visit [Quiznos.ca](http://Quiznos.ca) to find the store nearest you •



► John Manzone and Sue Riddell Rose, volunteer co-chairs for the 2011 United Way campaign, help kick off the fundraising drive at Eau Claire yesterday.

# United we stand for Calgary

► Some 1,200 people attend 2011 United Way kickoff



After raising an amazing \$51.7 million in Calgary alone last year, the United Way is hoping to do even better this year.

The charity kicked off its annual fundraising campaign yesterday at Eau Claire Market, with Calgarians hitting the streets for the cause.

"Spread the word. Change starts here," said Sue Riddell Rose, volunteer co-chair for the 2011 United Way fundraising campaign.

The United Way works to improve the lives of finan-

**\$52.9M**  
The United Way is hoping to raise \$52.9 million this year.

cially strained families, to reduce poverty, support people living in vulnerable situations and ensure success for children and youth.

"We want people to know that change starts when we work together," said Ruth Ramsden-Wood, president of the United Way of Calgary and Area.

Like many Calgary agencies, the YMCA is grateful for the United

Way's assistance.

"Like all programs, we could always use more funding to do more good work," said Helen Weir, CEO of YMCA Calgary.

In 2010, \$9.3 million was earmarked to help children and youth reach their potential, while \$12.2 million went to help people achieve financial stability and \$23.6 million was invested in strengthening neighbourhoods.

The campaign runs through Dec. 31. Donations to the United Way can be made online at [calgaryunit-edway.org](http://calgaryunit-edway.org). All money raised in Calgary stays in Calgary and the area.

## City artist hopes to beat taggers to the punch

One Calgary community is hoping to deter graffiti artists — otherwise known as vandals — by taking away some of their canvass.

The Marda Loop BRZ, along with artist Kathy Lycka, has begun turning three dull utility boxes into pieces of art along 33 Avenue Southwest.

"I think it will get a lot of attention," said Lycka, who works as an artist full-time from her home.

The three brightly coloured boxes have a strong summery theme because Lycka feels Calgarians could use a bit of colour in the dreary winters.

In collaboration with the City of Calgary, the Marda Loop BRZ is hoping vandals will keep their spray cans away from these new stained-glass-inspired works of art.



► Kathy Lycka works on one of the three utility boxes in Marda Loop along 33 Avenue and 14 Street Southwest.

"It would be quite a serious lack of respect," said Bernadette Geronazzo, executive director for the Marda Loop BRZ.

As an added protection against unwanted paint, the pieces will be covered with sealant.

● CANDICE WARD

### Boxed set

- Each box will take Kathy Lycka about two days to complete. Tulips and poppies are a common theme.
- Lycka, a self-taught painter, has been exhibiting her work since 2009.

## Gold star for Calgary water use

Calgarians are shutting the taps off more than residents in other North American cities, a report released yesterday suggests. The Economist Intelligence Unit ranked local water usage the lowest among 26 cities and also gave credit for low leakage rates.

● METRO

## Policeman beset by brawlers

An RCMP officer who was breaking up a fight in Sylvan Lake was blindsided by two other attackers Sunday, according to a release. Pepper spray was used to fend the men off. Three people have been charged, including Calgary resident Stuart Wayne Gilmour, 29.

● METRO

## Lost rafters drift for hours

Emergency responders were called to rescue two lost rafters who spent more than seven hours on the Bow River Sunday. The couple left from Heritage Pointe in the afternoon and were finally found near Langdon at about 10 p.m., according to officials.

● METRO



**alison**  
**REDFORD**  
for PREMIER

On September 17, vote for greater health care access for all Albertans with the introduction of Family Care Clinics in our communities.

To learn how you can vote, visit [alisonredford.ca](http://alisonredford.ca) or call 1.855.5.ALISON



# Unlimited

## TALK · TEXT · DATA

### plus voicemail



**\$99**

WITH  
WINDtab+™

BlackBerry® Bold™ 9780

**\$0**

WITH  
WINDtab+™

BlackBerry® Curve™ 3G

~~\$45~~  
**\$29**/mo  
For up to 1 year

## Limited Time

Super Smart Plan includes Unlimited local talk, global text and data from any WIND Zone, plus voicemail. Conditions apply. Learn more at [WINDmobile.ca](http://WINDmobile.ca)

With **WINDtab+™** get our NEW **WIND Pay-Off Promise™**.

No term contract and our NEW **WIND Pay-Off Promise™**: Our commitment to clear any remaining WINDtab+™ balance on your device after 3 years with us. Only at WIND.

[WINDmobile.ca](http://WINDmobile.ca)





COURTESY OF CITY OF CALGARY

# Arrest made in bus assault

- ▶ Edmonton man in custody following July sucker-punching incident
- ▶ Police credit arrest to video shot by citizen



**JEREMY NOLAÏS**  
@METRONEWS.CA

Calgary police have arrested an Edmonton man in

connection with a vicious assault on a bus driver in early June.

Investigators released a video of the incident last month, showing a man us-

ing offensive language and drinking from a bottle of liquor prior to the assault, which occurred around 11:50 p.m. at Heritage Station on June 3.

Mikkial Cardinal, 25, was arrested Thursday and charged with assault causing bodily harm and causing a disturbance. He will appear in court Thursday.

## Dean's speech probe to remain under wraps

The University of Alberta will not release the results of its investigation into the medical dean who resigned after admitting he plagiarized parts of a speech to graduates.

But if Dr. Philip Baker returns to teaching on campus next term, an official with the students' union thinks he should talk openly about what happened.

"We feel that it's important for Dr. Baker to take personal responsibility for his actions, if they are raised by students in class," student vice-president Emerson Csorba said yesterday.

He said the students' union trusts the university conducted a thorough in-

vestigation and took appropriate action. But he hopes officials change their minds about releasing details.

"It's important that the university is transparent about the process," Csorba said.

Baker apologized in June for a "lapse in judgment" in stealing parts of an inspirational speech he gave to future doctors at a convocation banquet.

He said that when he was researching the speech, he was inspired by the text of a convocation address given by Atul Gawande, a surgeon and an associate professor at Harvard Medical School.

THE CANADIAN PRESS

## Deaths in Red Deer suspicious: RCMP

Red Deer RCMP are investigating after family members discovered the bodies of a 93-year-old woman and 89-year-old man over the weekend.

The pair were reportedly found in a Sunnybrook home around 9:15 a.m. Sunday.

An autopsy is scheduled for today in hopes of determining a cause of death.

Police told reporters yesterday that the discovery of two bodies is always treated as suspicious but would not release further information on the circumstances surrounding the deaths.

The victims names have not been released.

● METRO

## News in brief

### Southwest bank robbed

**WITNESSES.** Police are seeking assistance from anyone who may have witnessed a bank robbery yesterday. Around 1 p.m., an individual entered the CIBC Bank in the 2500 block of Southland Drive S.W. and demanded money. He fled with an undisclosed amount. ● METRO

### Wolves to die for caribou's sake

**OILSANDS.** Thousands of wolves stand to be killed in Alberta as part of the federal government's plan to sustain caribou in the oilsands area, environmental researchers say. THE CANADIAN PRESS

# What does the-fastest\*-broadband-Internet-speed-in-North-America-mean to you?

Get unprecedented Internet service on one of North America's most advanced digital networks. Shaw Broadband Internet gives you unparalleled speeds from 50 to 100 Mbps, with 250 Mbps coming to your area very soon. Plus, you'll get superior video streaming, downloading, networking and gaming. You can also have multiple users on multiple devices without sacrificing any speed. So what does insanely fast Internet mean to you? Whatever you want it to. Only from Shaw.

starting from **\$29.95** per month for first 6 months\* | \$5 upgrade for existing customers |

Call 1.888.403.9125 or visit [SHAW.CA/INTERNET](http://SHAW.CA/INTERNET)

Go to [FACEBOOK.COM/SHAW](http://FACEBOOK.COM/SHAW) and tell us how better technology positively affects your life and you could win 50 Mbps Internet for a year\*.



What does **SHAW** mean to you?

\*Availability of Broadband 50 Mbps, 100 Mbps, and 250 Mbps service may vary by region, modem equipment, or residential wiring. 1Gbps speed available in select neighbourhoods where technology permits. Internet speeds are based on optimal conditions. Broadband 50 Mbps, 100 Mbps and 250 Mbps services are delivered by a network utilizing the latest DOCSIS 3.0 modems, latest IP Backbone routers with 100 Gigabit DWDM and 100 Gigabit IP links, and the most DOCSIS DS RF Channels of any service provider in North America. Not all Shaw services are available in all regions. All Shaw services are provided under Shaw's Joint Term of Service and Acceptable Use Policy located at [www.shaw.ca](http://www.shaw.ca). †Visit [SHAW.CA](http://SHAW.CA) for details. Offer available in most markets for new Shaw Internet customers. Prices applicable after the promotion period can be found at [SHAW.CA](http://SHAW.CA) and will vary depending on the number of Shaw services subscribed to. ‡NO PURCHASE NECESSARY. Contest starts on August 29, 2011 and ends on October 31, 2011. Full contest rules available at [www.shaw.ca/whatshawmeans](http://www.shaw.ca/whatshawmeans)



## Determination helps foreign-trained dentist restart his career in the Prairies

It is likely the first time in three years that Iranian-born Dr. Hooman Mohandesan has strayed from his disciplined path: the newly graduated dentist from the University of Manitoba set out on a rambling road trip from Winnipeg to Montreal to show his visiting mother a bit of his adopted country.

"I have a few weeks' vacation to visit old friends," chuckles Dr. Mohandesan, during a pit stop on a tour that caps a long journey as a foreign-trained dentist in Canada.

Reflecting on the eligibility exams, interviews and the two-year Canadian dental program at University of Manitoba, he notes that, "It's honestly very hard, but when you're done, you feel the joy and pride of this difficult task."

For that reason, Dr. Mohandesan followed a careful regime during those years – focusing on his studies with short work-outs at the gym. "Since there was no guarantee that I would be accepted to the program on my first try, I concentrated on the exams and making contacts to learn the process and prepare myself," he recalls.

While excited to rebuild his career in welcoming, multicultural Canada, the dedicated student struggled to preserve his savings, since he didn't know when he might begin his practice. "It took some time to get used to my new economic status as a student, with all the daily expenses, but no income," he explains.

Fortunately, during an orientation event at University of Manitoba, Dr. Mohandesan met Scott Bollman, Manager of Small Business at Scotiabank's 200 Portage and Main Branch. "I liked the interaction with Scott at our meeting," says Dr. Mohandesan. "Since as a newcomer I was not very familiar with the Canadian financial system, I had a lot of questions, and Scott was very patient throughout our discussion about student loans and banking options."

Scott explained the *Scotia Professional*<sup>®</sup> Student Plan, tailored for students like Dr. Mohandesan who were completing a professional degree, offered tips on affordable Winnipeg neighbourhoods and demonstrated how a Scotiabank line of credit would accommodate his needs.

"He's more like a friend, since I'm really dealing with a human being, not just an institution," says Dr. Mohandesan to describe the responsive Scotiabanker who has also approved him for a VISA card and foreign currency accounts, and provided advice on saving for his future.

"That's how we serve our customers, particularly new Canadians who face many challenges to establish themselves at the beginning," observes Scott. He adds that he offers programs such as the **Scotiabank StartRight**<sup>®</sup> Program<sup>1</sup> for Newcomers, which includes a free day-to-day bank account for one year<sup>2</sup>, a wide range of VISA<sup>®</sup> card options<sup>3</sup> and a number of other customized services and benefits.

Although Dr. Mohandesan is enjoying his leisurely family holiday, he's focused on his next steps – a fellowship at University of Manitoba and work at a private dental practice in Winnipeg. His advice to other newcomers: "Concentrate on your goals, learn the process and build good relationships with people who know what to do to get your career or finances in order."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



Scott Bollman welcomes internationally trained professionals to Scotiabank and provides helpful financial advice.



## "Albrey helped open the door to my credit history in Canada"

The **Scotiabank StartRight**<sup>®</sup> Program<sup>1</sup>, specially designed for newcomers, helps build your credit history right away. You need a credit card<sup>2</sup> to open financial doors and get all the things you need to settle quickly in Canada. Let one of our knowledgeable advisors show you how.

**Start Right Here. Find your nearest Scotiabank branch, visit [scotiabank.com/startright](http://scotiabank.com/startright) or call 1-866-800-5159.**

**Scotiabank**  
**StartRight**<sup>™</sup>  
PROGRAM FOR NEWCOMERS



1. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.  
2. Offer available for one year when you open a new *Powerchequing*<sup>®</sup> account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered by the *Powerchequing* account, including access fees to use non-Scotiabank banking machines (e.g. *Interac*, VISA<sup>®</sup> or PLUS<sup>®</sup> fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.  
3. Subject to meeting Scotiabank's credit criteria and security requirements.  
\*Registered trademarks of The Bank of Nova Scotia.  
VISA Int./Lic. user The Bank of Nova Scotia.  
Interac Inc. owner of mark Interac. The Bank of Nova Scotia is an authorized user of the trademark.

**BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING**

<sup>®</sup>Registered trademarks of The Bank of Nova Scotia. <sup>™</sup>Trademark of The Bank of Nova Scotia. VISA Int./Lic. user The Bank of Nova Scotia.  
The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.  
Subject to meeting Scotiabank's credit criteria and security requirements. A secured VISA<sup>®</sup> card for International Students requires security equal to 120% of approved credit limit. An unsecured VISA card may be available for Foreign Workers and Landed Immigrants/Permanent Residents, up to certain credit limits; a secured VISA card requires security equal to 100% of approved credit limit. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority: 18 years for PEI, QC, ON, MB, SK, AB, and 19 years for NL, NS, BC, YT, NT, Nunavut. Currently the Auto Loan Program is available through select car dealerships in Canada: Kia, Chrysler, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers. Subject to Scotiabank financing terms and conditions. Downpayment required.

# Meet NDP's Topp contender

- ▶ NDP caucus retreat begins today in Quebec City
- ▶ Leadership convention set for March 24 in Toronto

Promising he will defeat the Conservative government, NDP president Brian Topp has launched a bid to replace the late Jack Layton as party leader.

The fluently bilingual Montrealer is the first to formally enter the race to succeed Layton, who died last month from cancer.

"No one can replace Jack," Topp declared at a news conference yesterday. "But we can honour him by making sure his dream of social justice will never die. We can carry on his work. That's my pledge today."

Topp's name surfaced early as a possible contender in the NDP leader-



▶ Brian Topp

ship race. He has worked in NDP backrooms for years, and was a close confidant of Layton.

Topp noted nearly 60 per cent of Canadians did

not vote for the Tories, and said replacing Conservative Prime Minister Stephen Harper was "a piece of unfinished business."

"I'll lead a caucus that works harmoniously and seriously as a government-in-waiting," he said. "And then, we'll win. And then, we'll govern well."

He said he will expose Harper's "failed record" before winning the next election and forming Canada's first NDP government in Ottawa.

"And that day will be a great day, a new dawn for every Canadian across this country."

THE CANADIAN PRESS

## High. Tide



JOHN GILES/THE ASSOCIATED PRESS

## Katia rocks along British coast

Britain's weather agency says the tail end of former hurricane Katia could bring the worst storms to hit the country since hurricane Lili struck in 1996. Britain's Met Office said post-tropical storm Katia was hitting parts of Northern Ireland, North Wales, Northern England and parts of Scotland yesterday.

## Embassy to reopen

Canada is reopening its embassy in Libya's capital,

even as fighting continues in areas still held by loyalists of Moammar Gadhafi, The Canadian Press has learned. Sources say a small team of diplomats arrived

in Tripoli on the weekend to conduct a security assessment. Foreign Affairs Minister John Baird is to provide further details this morning. THE CANADIAN PRESS

Our Best Plan Ever

\$25

/mo

Back to School Plan

GUARANTEED RATE FOR LIFE.

- Unlimited Data
- Unlimited Talk
- Unlimited Text
- Caller I.D.

**mobilicity.ca**

Taxes are extra. Limited time offer. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. 'Guaranteed Rate for life' means your \$25 plan shall remain \$25 for as long as your account remains active with Mobilicity. All features included in each plan must originate within a Mobilicity Unlimited Zone. Premium and special numbers are excluded. 'Unlimited Text' refers to text messages sent to Canada and the Continental US only. Terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity', 'Now That's Smart', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

**1-877-8MOBIL8**

### Mobilicity Stores

Sunridge Mall  
Northland Village Mall  
Deerfoot Mall  
Pacific Place Mall  
Marlborough Mall

Westbrook Mall  
Unit 333, 329 17 Ave SW  
6219 Centre St NW  
4805 17 Ave SE  
Unit 195, 1518 Centre St NE  
Unit 101, 77 Castleridge Blvd NE

### Authorized Dealers

Great Tel Mobility  
Unit 101, 4908 17 Ave SE  
Dollar Store:  
Unit 5, 12 Castleridge Dr NE  
Rocky Mountain Computer Repair:  
Unit 307, 3200 Glenmore Tr SE  
Mobile Zone:  
Unit 101, 2640 52nd St NE  
Express Computer Store:  
Unit 210, 9737 MacLeod Tr SW  
Ascot Business Systems:  
Unit 104A, 3716-61 Ave SE

Rojin Bakery & Food Market Inc:  
Unit 8, 4105 4th St NW  
Sol Optix:  
628 B 17th Ave SW  
M&C Food Mart:  
1412 9th Ave SE  
Stanley Park Grocery:  
4649 MacLeod Tr SW  
Centex Petroleum: Unit 808, 19th St SE  
Hing Wah Imports: 312 Centre St SE



HP ePRINT

# NOW, PRINT FROM VIRTUALLY ANYWHERE\*



**HP PHOTOSMART e-ALL-IN-ONE**  
**Now \$59<sup>99</sup> after a \$60 Instant Rebate.<sup>†</sup>**

*Now, HP's new web connected printers with HP ePrint have a unique email address giving you the freedom to print from wherever life happens. No need to hook up to your PC. Welcome to the HP ePrint experience.*

*Learn more at **hp.ca/experienceprint** or visit Best Buy, Costco, Future Shop, London Drugs, Staples, The Source, Walmart or hpshopping.ca*



**HIT PRINT**  
**BRILLIANTLY**

© 2011 Hewlett-Packard Development Company, L.P. \*Requires an Internet connection to the printer. Feature works with any connected internet- and email-capable device. Print times may vary. For a list of supported documents and image types, see [www.hp.ca/epriintercentre](http://www.hp.ca/epriintercentre). <sup>†</sup>All prices are suggested retail price in Canadian dollars. Retailer may sell for less and prices, specifications, availability and terms of offers are subject to change without notice.



## Reveal a new you

Advance your career with our new certificate programs at Mount Royal University.

### Leadership Development

Free Information Night Wednesday, September 14, 2011

### Lean Enterprise and Continuous Improvement

Free Information Night Tuesday, September 20, 2011

### Change Management

Free Information Night Thursday, September 15, 2011

**Information:** 403.440.7785 or [cebusiness@mtroyal.ca](mailto:cebusiness@mtroyal.ca)

**Registration:** 403.440.3833

**[mtroyal.ca/conted](http://mtroyal.ca/conted)**

# One dead in blast at French nuclear plant

## ► No chemical, radioactive leaks at waste facility

An explosion at a nuclear waste plant in southern France killed one person and injured four yesterday. Officials said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the catastrophe at Japan's Fukushima plant.

The Nuclear Safety Au-

thority declared the accident "terminated" less than an hour after the blast at a furnace in the Centrac site, in the southern Languedoc-Roussillon region, about 32 kilometres from Avignon.

The building that houses the furnace wasn't damaged and residents who live

near the site were not evacuated, the agency said.

The cause of the accident is not known and is under investigation.

Officials downplayed the incident. "It's an industrial accident and not a nuclear accident," Industry Minister Eric Besson said.

**THE ASSOCIATED PRESS**

### RUSSIA HOCKEY CRASH

## Galimov dies in hospital

The only member of a Russian hockey team to survive a plane crash that killed 44 people died of

his injuries yesterday.

The Vishnevsky hospital in Moscow said Alexander Galimov, 26, died of the severe burns that covered about 90 per cent of his body, despite the best efforts of doctors in its burn unit, considered one of the best in Russia.

The crash Wednesday of a chartered Yak-42 jet

outside the western city of Yaroslavl took the lives of 28 players, two coaches — including Canadian Brad McCrimmon — and seven other staff of the Lokomotiv Yaroslavl hockey club. The only other person to survive, flight crew member Alexander Sizov, remains in intensive care.

**THE ASSOCIATED PRESS**



**BEATTIE HOMES**

**Cranston Showhome**  
**Grand Opening Special**



**GIFT CARD**

GET **\$10,000**

*Towards the purchase of your new home\**

Bring this card to the Beattie Sales Centre and register by Sep. 30/11

\*Some conditions apply. This offer cannot be combined with any other offers, promotions & discounts. See showhome for details.

**Cranston**



**MALIBU IV**

1927 SqFt, Two Storey

From **\$431,500\***

Incl. home, lot & GST

**Beattie Cranston Showhome:**

#7 Cranarch Landing SE, Calgary

Phone: **403-257-2596**

**Hours:**

Mon - Thu 2 - 8 pm

Weekends & Holidays 12 - 5 pm

**[www.BeattieHomes.com](http://www.BeattieHomes.com)**



**Glimpse. Of hell**



► Joseph Mwangi sits in a state of shock after learning two of his children were killed in an explosion yesterday in Nairobi. A leaking gasoline pipeline in Kenya's capital ignited, turning part of a slum into an inferno in which at least 75 people burned to death and more than 100 were injured.

BEN CURTIS/THE ASSOCIATED PRESS

## Pipeline fireball rocks Nairobi

Joseph Mwangi, 34, said he was feeding his cow yesterday when people went running past him, calling out that there was a leak in the gasoline pipeline. He said others started drawing fuel and that he was going to gather some, too, when he heard an explosion. Flames leapt out from the pipeline in a radius of some 300 metres, setting shacks ablaze and incinerating scores of people. Moments afterward, Mwangi discovered two small charred bodies in the burnt wreckage of his home. "Those were my children," he said blankly, before collapsing on the ground sobbing. A Red Cross official said the death toll may still rise.

**PANDORA®**  
UNFORGETTABLE MOMENTS



Sterling Silver charms from \$30

### BOW VALLEY JEWELLERS

Main Floor • Bow Valley Square  
122-205 5<sup>TH</sup> Ave. • S.W. Calgary  
403.234.0888

Open Monday-Friday 9am-5pm

**Gift with Purchase • September 14<sup>TH</sup>-16<sup>TH</sup>**

Receive a PANDORA clasp bracelet  
(an \$80 CAD retail value) with your  
PANDORA purchase of \$150 or more.\*

\*Before taxes. Good while supplies last, limit one per customer.  
Charms shown on bracelet are sold separately.

Some jewelry displayed patented (US Pat. No. 7,007,507) • © Pandora • PANDORA.NET



## Long Distance

### Lowest Rate GUARANTEED

Crystal clear quality



Make long distance  
calls from your  
**HOME or CELL PHONE**

<b>3.9 C/min</b>	<b>5.9 C/min</b>	<b>7.9 C/min</b>	<b>1.9 C/min</b>	<b>7.9 C/min</b>
Australia.....1.9 C/min	Israel.....1.9 C/min	South Korea.....2.9 C/min	Sri Lanka.....9.9 C/min	Trinidad.....4.9 C/min
Bosnia.....13.9 C/min	Italy.....1.9 C/min	U.A.E.....14.9 C/min	U.K.....2.9 C/min	Vietnam.....4.9 C/min
China.....1.9 C/min	Lebanon.....7.9 C/min	U.S.....1.9 C/min	Russia.....1.9 C/min	Serbia.....7.9 C/min
Colombia.....3.9 C/min	Mexico.....1.9 C/min			
Cuba.....89.9 C/min	Pakistan.....5.9 C/min			
El Salvador.....9.9 C/min	Philippines.....11.9 C/min			
Germany.....1.9 C/min	Poland.....1.9 C/min			
India.....2.9 C/min				

## 1 cent to India

- ✓ Calling India at only 1¢ per minute
- ✓ Available on your home or cell phone
- ✓ \$10 - 1000 per month - 1¢



## Canada Unlimited

- ✓ Unlimited calling to anywhere in Canada
- ✓ Available on your home or cell phone



[www.comwave.ca](http://www.comwave.ca)

# 403-451-5801

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors' lowest advertised rate for the services. Comwave will not rate match against charter or broker services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 bundle caps a monthly fee of \$10. Bundles cannot be shared by more than one line. Unlisted numbers from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Comwave Mobile Phones may be billed at a higher rate. Terms and conditions apply. See [www.comwave.ca](http://www.comwave.ca) for details.



## News in brief

## Rebels are traitors: Gadhafi

**HIDDEN MESSAGE.** Fugitive leader Moammar Gadhafi accused revolutionary forces of surrendering Libya to foreign influence and vowed to press ahead with his resistance in a message yesterday issued just hours after a twin attack on a key oil facility by loyalist fighters. At least 15 attackers were killed, an anti-Gadhafi commander said.

"We will not be ruled after we were the masters," said the brief statement attributed to Gadhafi that was read on Syria's Al-Rai TV by its owner Mishan al-Jabouri, a former Iraqi lawmaker and Gadhafi supporter.

THE ASSOCIATED PRESS

## Gadhafi's son now in Niger

**BORDER HOPPING.** Moammar Gadhafi's playboy son, al-Saadi Gadhafi, 38, known for his love of fast cars, soccer and partying, slipped into Niger on the weekend and began making his way yesterday to the capital, a Niger government official said. This is bound to raise pressure on Niger which has promised to turn over anyone wanted by the International Criminal Court.

THE ASSOCIATED PRESS

## Russia to back Palestinians

**MEMBERSHIP BIDS.** Russia will back a Palestinian bid for statehood at the United Nations later this month, Russia's envoy to the UN said in remarks aired yesterday. A vote is expected this year in the UN.

THE ASSOCIATED PRESS

## Anthem is hate: Judge

## ► Crowd sings Boer song defiantly outside courtroom in Johannesburg

The black man who leads the youth wing of South Africa's governing party has no right to sing a song some whites find offensive, a judge said yesterday.

Judge Collin Lamont went further than AfriForum, the white-rights group that brought the hate-speech lawsuit, had demanded by saying that all South Africans, not only Julius Malema, should refrain from singing Shoot the Boer. Criminal cases can now be brought against those who sing the song or quote its lyrics.

The judge said that while such anthems had their place during apartheid, they constitute hate speech in a society struggling to redefine its race relations.

The court case is sepa-

rate from Malema's ongoing African National Congress disciplinary hearings, which also have drawn wide attention.

Boer means farmer in the language of South Africa's Dutch descendants know as Afrikaners and is broadly used to refer to whites and Afrikaners.

Malema, 30, has testified throughout the year, arguing that the song Shoot the Boer is not a literal threat against whites but is a symbolic call to fight oppression.

While the judgment may be seen as a setback, Malema, 30, might use it to rally support from South Africans who see Steh song as part of the heritage of the anti-apartheid movement. In a statement, the ANC said it was "appalled"



► African National Congress Youth League (ANCYL) members sing Shoot the Boer yesterday in Johannesburg after a judge ruled the black man who leads the youth wing of South Africa's governing party has no right to sing the song some whites find offensive.

by the decision, but would respect it while deciding what steps to take.

The judge said he hoped the attention the trial had drawn, and his decision to allow much of it to be

broadcast, would help South Africans heal by learning about each other after decades of being separated by the violence and injustice of apartheid.

THE ASSOCIATED PRESS

## Randstad Canada National Open House

Wednesday, September 14, 2011  
from 7 am to 7 pm

Come meet with us and explore new career opportunities!  
Drop by one of our offices with your resume and two professional references.

**Randstad Calgary Downtown**  
111 5th Avenue SW, Suite 140, Calgary  
T 403.229.4339

Receptionist - NE Calgary  
Permanent, \$35,000 - \$40,000

Intermediate Administrator - NE Calgary  
Permanent, \$35,000 - \$40,000

Contract Accounts Payable Clerk  
Temporary, \$18 - \$20 per hour

Collections and Accounts Receivable Associate  
Temporary to Permanent, \$45,000 - \$50,000

Reception - Downtown Calgary  
Temporary, \$15 - \$17/hr

Administrative Assistant - Downtown Calgary  
Temporary, \$19/hr

Project Administrators - for the South  
Temporary and Permanent, \$38,000 - \$48,000

Customer Service Reps/Inside Sales - for the South  
Permanent, \$40,000 - \$45,000

Receptionist/Administrator - Downtown/NE Calgary  
Temporary, \$15 - \$18/hr

Credit and Collections Manager  
Permanent, \$55,000 - \$65,000

Administrative Assistant - Downtown Calgary  
Part Time, \$16/hr

Technical Administration - for the South  
Temporary and Permanent, \$35,000+



**Randstad Calgary North**  
495 36 Street NE, Suite 140, Calgary  
T 403.235.4046

Narrow Aisle Reach Forklift Operators - SE Calgary  
Temporary to Permanent, \$16 - \$18/hr

Electrical Assemblers - Airdrie  
Temporary to Permanent, \$15 - \$16/hr

CNC Machinists - NE & SE Calgary  
Permanent, \$25 - \$28/hr

Order Pickers - NE Calgary  
Temporary to Permanent, \$14 - \$15/hr

Mechanical Assemblers - Airdrie  
Temporary to Permanent, \$15/hr

Production Operator - SE Calgary  
Temporary to Permanent, \$16/hr

Welders - SE Calgary  
Permanent, \$24 - \$28/hr

Material Handlers - NE Calgary  
Temporary, \$14 - \$15/hr

Shipper/Receivers - SE Calgary  
Temporary and Permanent, \$15 - \$20/hr

General Labourers - NE & SE Calgary  
Temporary, \$13 - \$15/hr

Visit [randstad.ca](http://randstad.ca) to view all of our current openings.

Staffing | Professionals | HR Solutions | Inhouse Services



**SOAR TO NEW HEIGHTS AT REEVES COLLEGE**

HEALTH CARE, BUSINESS, LEGAL, ART & DESIGN AND MORE ...

**EVENT LOCATIONS:**  
Calgary City Centre Campus  
#1500-910 7th Ave SW  
Calgary North Campus  
#111-2323 32nd Ave NE

**OPEN HOUSE**

**Sept 14, 2011 | 4:00PM - 7:00PM**

RSVP TO: 1.800.710.1448 OR [learn.reevescollege.ca](http://learn.reevescollege.ca)

**REEVES COLLEGE**

Facebook: [facebook.com/ReevesCollege](https://www.facebook.com/ReevesCollege)  
Twitter: [twitter.com/ReevesCollege](https://twitter.com/ReevesCollege)  
YouTube: [youtube.com/ReevesCollege](https://www.youtube.com/ReevesCollege)



GO FAR



## Cities that speak to you. Fares that say go.

OUR WORLD IS ON SALE  
UNTIL SEPTEMBER 15, 2011.

Book at [aircanada.com](http://aircanada.com), call us at 1-888-247-2262  
or contact your travel agent.



[aircanada.com](http://aircanada.com)

Hearing-impaired (TTY): 1-800-361-8071. First checked baggage fee applies for U.S. destinations for travel on/after October 11, 2011. Second checked baggage fee applies for Canadian, U.S. and Caribbean destinations. See complete details on baggage allowance and fees at [aircanada.com/baggage](http://aircanada.com/baggage). Tickets must be purchased by September 15, 2011. Fares displayed do not include taxes, fees, charges and surcharges. Tickets are non-refundable. Fares valid at time of printing and apply to new bookings only. Seats are limited and subject to availability. Day-of-week, time-of-day restrictions may apply. Fares may vary depending on date of departure and return. **Canadian destinations:** Travel must be completed by March 7, 2012. \*Advertised fares are not available between December 16, 2011, and January 8, 2012. A 14-day advance purchase applies. Unless otherwise specified, flights available for these fares are operated by Air Canada or Air Canada Express™ carriers (Jazz Aviation LP, Central Mountain Air, Sky Regional Airlines Inc., Air Georgian or Exploits Valley Air Services Ltd.). **U.S. and Sun destinations:** Travel must be completed by December 15, 2011. Other sale fares also available for travel from January 9, 2012, until February 29, 2012, for Sun destinations and until March 7, 2012, for U.S. destinations. An advance purchase of up to 14 days may apply. Unless otherwise specified, flights available for these fares are operated by Air Canada or Air Canada Express™ carriers (Jazz Aviation LP, Central Mountain Air, Sky Regional Airlines Inc., Air Georgian or Exploits Valley Air Services Ltd.). Star Alliance® member United Airlines or United Express carriers (SkyWest Airlines, Chautauqua Airlines, Shuttle America, Trans States Airlines, GoJet Airlines or Mesa Airlines) or member Continental Airlines or Continental Express carrier ExpressJet. ®Star Alliance is a registered trademark of Air Canada in Canada. ™Air Canada Express is a trademark of Air Canada.

## News in brief



► A 2008 Dodge Caravan

## Headlights may lead to minivan recall

**INVESTIGATION.** U.S. federal safety regulators have opened an investigation into Dodge and Chrysler minivans from the 2005 model year because the headlights can fail without warning.

An investigation could lead to a recall, although it doesn't always mean that one will be ordered.

THE ASSOCIATED PRESS

## Loonie hovers just above par

**CURRENCY.** The Canadian dollar slipped briefly below parity with its U.S. counterpart yesterday for the first time since January before regaining strength and closing slightly above the greenback.

The loonie was ahead 0.40 of a cent to 100.80 cents US after the earlier decline. **THE CANADIAN PRESS**

## Law would target ticket brokers

**QUEBEC.** Opponents say Quebec's proposed crack-down on online ticket brokers, Bill 25, will only create an unenforceable black market.

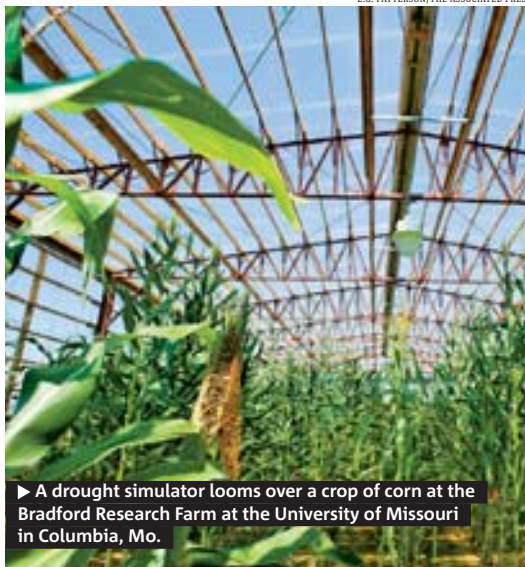
Parliamentary hearings on Bill 25 are being held this week in Quebec City.

THE CANADIAN PRESS

## Drought may result in higher food prices

- Experts say poor harvest will raise price of corn
- Other foods also forecast to become more expensive

L.G. PATTERSON/THE ASSOCIATED PRESS



► A drought simulator looms over a crop of corn at the Bradford Research Farm at the University of Missouri in Columbia, Mo.

Food prices could rise next year because an unseasonably hot summer likely damaged much of this year's U.S. corn crop.

The U.S. Department of Agriculture estimated yesterday that a surplus of 672-million bushels of corn will be left over at the end of next summer. The estimated surplus is down from last month's forecast and well below levels that are considered healthy.

This spring, farmers planted the second-largest crop since the Second World War. But high temperatures stunted the plants.

The price of corn was relatively unchanged at \$7.33 US a bushel yesterday. While that's down

## Market moment

Dollar

+ 0.4¢  
(100.80¢ US)Natural gas  
1,000 cu ft\$3.892  
(- 2.3¢)

Gold

\$1,813.30  
(- \$46.20)

Oil

+ \$0.95 US  
(\$88.19 US)

TSX

- 238.72  
(12,148.83)

from its peak of \$7.99 reached in June, it's still nearly twice the price paid last summer.

A bushel of corn equals 56 pounds.

More expensive corn drives food prices higher because corn is an ingredient in everything from animal feed to cereal to soft drinks. It takes about six months for corn prices to trickle down to products at the grocery store.

THE ASSOCIATED PRESS

## INCOME TAX COURSE

Flexible hours. We're hiring.

**Curriculum** — During the 13-week course, students study the basics of income tax preparation including current laws, theory and application.

**Successful students** receive an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.

**H&R Block** knows taxes and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.

**Classes begin mid-Sept.** You may choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.

The tuition cost covers the complete course, including textbooks, all materials, reference guides and registration.

Full details are as close as your phone. Just call for complete details on class locations, starting dates, tuition, etc.

**Tax Training School begins September 14th, 2011.**

Register online at [hrblock.ca](http://hrblock.ca) or call 1-877-32BLOCK (322-5625) for details.



H&amp;R BLOCK®

Enrollment restrictions may apply. Enrollment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2011 H&R Block Canada, Inc.

**open house**

**ENGAGING AND FUN**

Seeking business, technology & health care focused go-getters. Over 55 programs available at campuses across Canada. Must love small class sizes taught by industry instructors. If this sounds like a match for you, join us for our **OPEN HOUSE** at our Calgary North, Calgary South, and Calgary City Centre campuses!

**OPEN HOUSE:**  
September 14th, 4:00 pm - 7:00 pm

RSVP TO: 1.888.245.6827 or [cal.cdcollege.ca](http://cal.cdcollege.ca)

**cd college**

facebook.com/CDCollege | twitter.com/CDCollege | youtube.com/CDCollege



GO FAR



Sights that summon you.  
Fares that say go.

OUR WORLD IS ON SALE  
UNTIL SEPTEMBER 15, 2011.

Book at [aircanada.com](http://aircanada.com), call us at 1-888-247-2262  
or contact your travel agent.



[aircanada.com](http://aircanada.com) 

Hearing-impaired (TTY): 1-800-361-8071. Second baggage fee applies. See complete details on baggage allowance and fees at [aircanada.com/baggage](http://aircanada.com/baggage). Tickets must be purchased by September 15, 2011. Departure dates as indicated above. Fares displayed do not include taxes, fees, charges and surcharges. Tickets are refundable, subject to a fee of \$300. Fares valid at time of printing and apply to new bookings only. Seats are limited and subject to availability. Fares may vary depending on date of departure and return. Purchase in advance of travel may apply. Fares are subject to government approval. Day-of-week restrictions may apply. Minimum/maximum stay may apply. Unless otherwise specified, flights available for these fares are operated by Air Canada or Air Canada Express™ carriers (Jazz Aviation LP, Central Mountain Air, Sky Regional Airlines Inc., Air Georgian or Exploits Valley Air Services Ltd.). <sup>1</sup>In cooperation with Star Alliance® member Lufthansa. <sup>2</sup>In cooperation with Star Alliance® member Swiss International Air Lines. <sup>TM</sup>Air Canada Express is a trademark of Air Canada. <sup>®</sup>Star Alliance is a registered trademark of Air Canada in Canada.

# BIRTH ORDER NEVER TAKES A BACK SEAT

## SHE SAYS ...

JESSICA NAPIER  
METRO



I never call "shotgun!" Whenever I find myself travelling in a car with my younger brother and one of our parents, I always sit in the front. It doesn't matter that we are both fully grown 20-somethings; I'm the eldest, so there's no debating who gets the coveted passenger seat.

As the assertive (OK, bossy) first-born, I insist on the prime spot in the parental vehicle while he — the agreeable younger child — willingly concedes. This is just one of the many unspoken rules in our family that has come about as a result of our birth order.

While there are only 16 short months between our birthdays, my brother and I are vastly different when it comes to personality. I have always been overachieving, fiercely independent, and, at times, a bit of a stress case. I am overly conscientious, have a hard time breaking rules and will people-please to a fault. In comparison, he is easy-going but less disciplined, unlikely to take charge and much more dependent.

**"Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats."**

I know my brother and I aren't alone in this seemingly typical eldest/youngest family dynamic. Among my friends — who run the gamut of the birth-order spectrum — there does seem to be some truth to the assumptions associated with sibling sequence. I know plenty of responsible first-borns with perfectionist tendencies and coddled last-borns who can do no wrong.

Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are

perceived (sometimes accurately so) as selfish, overindulged brats. Oh, wait — did I forget to mention middle children? Well, that seems about right. The oft-ignored middle siblings tend to get lost in the shuffle. While it's fun to make casual observations about our own friends and families, we have to wonder whether there is any real truth behind these common stereotypes. Is there any conclusive evidence to suggest that one's position on the family totem pole really does have a definitive impact on our personality?

Birth-order theory is a bit of a grey area, both supported and refuted in the world of pop psychology. For every theorist who argues in favour of the importance of sibling sequence on overall development, it seems there are about twice as many critics raising their eyebrows. Some even equate birth order with astrology — a cute personality predictor with no conclusive evidence to back it up.

Scientific validity aside, it doesn't change the fact that I always get the front seat.

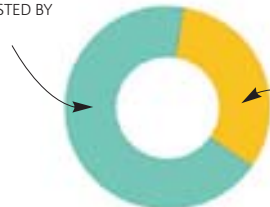
Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

Was media coverage of the 9-11 anniversary over the top?

68%  
DEFINITELY, I'M  
EXHAUSTED BY  
IT ALL



32%  
NO, TEN YEARS  
LEAVES A LOT  
TO REFLECT ON

## Letters

**HUMAN TRAFFICKING.** I recently heard that the bear radio station is holding a contest on winning a Russian bride.

While our political allegiances may be different I must say I agree with Minister Thomas Lukaszuk that this is in very poor taste.

On August 18 my wife and I attended an event on human trafficking.

This is something that is an issue in Highlands-Norwood and an issue that I take very seriously.

The bear radio station should be ashamed that they are promoting the demoralization of women as part of a contest.

WAYDE LEVER, EDMONTON

**'ISLAMICISM.'** It was irresponsible when he said to the leader of the nation to use a rhetoric language against a marginalized community at a time when emotions are high.

Stephen Harper did not choose his words carefully when he said to CBC that the most imminent and biggest threat the country is facing is "Islamicism." He has used a language that is based on the preconceived notion that Muslims are enemies.

ABUBAKAR N. KASIM  
TORONTO

## Local tweets



► @Devin\_Henry: Grey skies, a refreshing break from the

nonstop heat in #yyc

► @Koronka: saw a tweet in metro complaining about not being able to use their mp3 player while driving in #yyc. Use a playlist! #commonsenseisnotcommon

► @izzynobre: Just saw a guy run in front of the train at Lions Park. No wonder idiots are getting smoked by the train every other day. #yyc

► @SHELINGERIE: Feeling down from the lack of sun,

come into SHE and let us brighten up your day! You deserve it #YYC

► @dylan\_nadon: Well summer went out with a bang in #yyc, now it's time for fall. It's cool out there!

► @MJ\_Nemesis: Feels like it could \*gasp\* snow #yyc

► @klaas89: Sweet Christ, there are packs of tired people already and I'm only just past BioSci. #yyc #ucalgary

► @ThankASoldier: I'm in one of my instigating moods hahahah now if only SNOW would be trending that would be awesome #YYC

## Cartoon by Michael de Adder



## WEIRD NEWS

### Tired Western brands get revived in Asia

Faded and forgotten Western brands are being dusted off and brought back to life by companies in Asia targeting the burgeoning number of people looking for labels to match new middle-class lifestyles.

Asians have been buying or licensing fashion names — many of them European with long and rich histories including royal connections or haute-couture origins — that have fallen out

of favour back home, as they seek to lure the region's newly affluent.

Among them are Aquascutum, founded in 1851 and whose trench coats were worn by British officers in the Crimean and two World Wars. The British label was popular with movie stars in the 1950s and '60s, but in later years its appeal fizzled. Various owners tried to turn it around before a Hong Kong company snapped up the Asian rights in 2009 and now runs dozens of Aquascutum stores in China and elsewhere.

Meanwhile, Westerners are picking up on the idea, with one British start-up aiming to bring dormant luxury pen, whisky and British butcher-shop brands to Asia's growing middle classes. **THE ASSOCIATED PRESS**



# Not the same old hook

► Former Joy Division bass player Peter Hook talks about growing and experimenting as a musician ► Reveals his feelings about being sidelined from the New Order reunion



PAT HEALY  
SCENE@METRONEWS.CA

METRO WORLD NEWS IN BOSTON

Peter Hook has come to terms with his musical past in a variety of ways in the last 16 months. To mark the 30th anniversary of the death of Joy Division singer and goth-rock icon Ian Curtis last May, Hook led a band through Unknown Pleasures in its entirety. While Hook had played bass on the original album, he tackled this commemorative endeavour as the singer. The outing was successful enough that he took the show on the road. This year he reincarnates Joy Division's more sophisticated follow-up, Closer. But not all of Hook's recent reckoning with his past has been happy. Last week, his bandmates in New Order (the group that soldiered on after Curtis' suicide) announced a reunion — without him. Metro spoke to the man whose style of bass playing defined post-punk music.

**At what point did you realize you were going to sing these songs, instead of playing bass? Did you ever try both?**

I've never been able to do that. My son plays bass. ... It's still quite nerve-wracking, especially playing Ian's parts. My son is the same age as I was when we did Unknown Pleasures, which is quite weird, but my son was very supportive. He said, "Dad, it sounds fine. Don't



► This year, Peter Hook is reincarnating Joy Division's more sophisticated work, Closer.

worry about it. It will get better." And as we practiced, it did, and I felt happy doing it..

**Are you and Bernard Sumner still close at all? I was surprised to see that New Order were reuniting without you.**

We are the worst of bitter sworn enemies, which was proven this week by them starting New Order

**"It's still quite nerve-wracking, especially playing Ian's parts ... But my son was very supportive."**

PETER HOOK ON SINGING

up again without telling me, the f—ers.

**So you learned about the**

**new New Order when I did?**

Yes. In fact, I heard it on the radio. I'm not too bothered, to be honest. We split up five years ago and stopped working together. And, it's a long time. And really, our relationship has been terrible ever since we stopped working together. So I'm not in a hurry to work with that bastard and I'm

sure he's not in a f—ing hurry to work with me. But they didn't tell me that they had made this decision. And there have also been some, shall we say, little business shenanigans, which have proved to be quite distressing, which I'm sorting out at the moment. It's not been nice, and I didn't expect it to be nice.

# 2

  
scene

## Scene in brief



Andy Whitfield, the 39-year-old star of the cable series Spartacus: Blood and Sand, has died. Manager Sam Maydew says Whitfield died Sunday of non-Hodgkin Lymphoma in Sydney, Australia. Whitfield was a virtual unknown when he was cast as the title hero in Spartacus. Whitfield was preparing for the second season when he was diagnosed 18 months ago.

THE ASSOCIATED PRESS



Scan this code or visit [metronews.ca/scene](http://metronews.ca/scene) to find out who was honoured at the Canadian Country Music Association Awards last night.

## SUYA Coming to Calgary!!!



Suya (soo-yah) is a tasty & spicy West African stick meat that originates from the Hausa people of Nigeria. Suya is made with beef, pork and chicken. Suya is served with your choice of fresh Vegetables. Come try it, some spice will do you good!

**September 15th is a Date !!!**

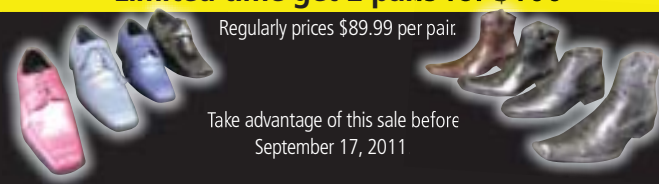
Come Between 6-8pm and get Free SUYA!!  
Over By Stuch - 4 - 3745 Memorial Dr. S.E.

ARE YOU LOOKING FOR MEN'S SHOES THAT ARE DIFFERENT, SUCH AS POINTED AND SQUARE TOE, OR BLACK AND WHITE TWO-TONE SHOES?

High Fashion Clothing has them in store, and on SALE.

**Limited time get 2 pairs for \$100**

Regularly prices \$89.99 per pair



Take advantage of this sale before  
September 17, 2011

## HIGH FASHION CLOTHING

MEN - BIG MEN'S - WOMEN'S - KIDS  
**403.453.0163**

#36, 6130 1A St SW,

Across Chinook Train Station - Beside Mac's

**Open Mon-Fri 10am-7pm,  
Sat 10am-6:30 pm**

# CLOSE A GREAT DEAL



## LOWEST PAYMENTS IN THE CITY!

**2012 NISSAN VERSA SEDAN SV**  
auto, power options, A/C

**BRAND NEW**



#120146

**\$108 b/w**

**2012 NISSAN VERSA HATCHBACK**  
auto, power options, A/C



#120110

**\$119 b/w**

**2012 NISSAN SENTRA 2.0**  
auto, power options, A/C, alloy wheels



#120096

**\$130 b/w**

**2012 NISSAN ALTIMA 2.5**  
auto, power options, A/C, alloy wheels



#120121

**\$171 b/w**

**2011 NISSAN QUEST SV**  
auto, power options, A/C



#110280

**\$230 b/w**

**2011 NISSAN TITANS SV**  
king cab, 4X4, auto



#110384

**0% for 84 months**

**\$234 b/w**

**UP TO \$2,500 IN GAS! WITH PURCHASE**

errors and omissions exempt, all payments except Titan are 96 month 5% APR, o.a.c.

**sunridgenissan.com**  
**403-705-8415** AMVIC LICENSED

**SUNRIDGE NISSAN**



**3131 32nd Ave NE**

18

metro

metronews.ca

TUESDAY, SEPTEMBER 13, 2011

**DVD Releases** Buy it 5/5 | Rent it 4/5

Borrow it 3/5 | Yawn 2/5 | Don't bother 1/5

### Incendies

**Genre:** Drama

**Director:** Denis Villeneuve

**Stars:** Lubna Azabal, Mélissa Désormeaux-Poulin, Maxim Gaudette

5/5

Director Denis Villeneuve says *Incendies* refers to an inferno that leaves "something totally destroyed, totally transformed ... destruction that you cannot change afterwards."

The metaphor well suits his film's emotional intensity. My pick for the best of 2010 and also Oscar contender for Best Foreign Language Film, *Incendies*



is a detective story, thriller and family drama in one.

It's set in Canada and the Middle East, and freely adapted from Lebanese-born Quebec playwright Wajdi Mouawad's acclaimed

stage work of the same name. *Incendies* is a commanding film of multiple revelations, locations and decades that ultimately becomes a work of transcendent reconciliation.

● PETER HOWELL



### Thor

**Genre:** Action

**Director:** Kenneth Branagh

**Stars:** Chris Hemsworth, Anthony Hopkins, Natalie Portman

4/5

kids in days of yore, The Mighty Thor was the comic book you bought after you'd blown your allowance dough on the other A-list action heroes.

But on the big screen, it's a whole other Thor-y, especially with the wel-

To all but the nerdiest of

come discovery of Aussie actor Chris Hemsworth in the title role of the exiled and agitated Norse god.

Kenneth Branagh directs, and this great Shakespearean actor and occasionally good filmmaker rightly susses that the material needs the grand playwright's mix of humour and pathos.

For a fun and fluffy popcorn flick, it's got plenty of butter.

Essentially an origin story, but more than just a lead-up to next summer's anticipated all-star rumble *The Avengers*, it's the classical saga of two sibling rivals and the father they seek to impress.

● PETER HOWELL

**Sounds Like.** Nick Carter



► Nick Carter is back with a new album, *I'm Taking Off*.

**What is your idea of a perfect day?**

Every day is special. Every day has something perfect in it. So, there is no perfect day — every day can be perfect if you want it to be

**What is your greatest fear?**

It would probably be getting old. I don't accept it.

I'm gonna get younger.

**What or who provides your inspiration and why?**

Inspiration comes from looking out in the world and paying attention to the things that are going on around you. Looking at a newspaper, or watching the news, or speaking to a friend.

**What is the last thing you say to yourself before a show?**

I don't say anything. I'm dancing.



Nick Carter's back with a brand new solo album. Check out our exclusive video interview with him at [metronews.ca/scene](http://metronews.ca/scene)



# Clooney reveals new relationship

► Former WWE star holds her own on the red carpet alongside Hollywood's most eligible bachelor

George Clooney and Stacy Keibler have decided to use the opportunity of the Toronto International Film Festival to go public with their rumoured romance, according to Us Weekly.

The pair made the rounds for Clooney's two films at the festival, the Ides of March and the Descendants, hitting up several parties.

"One of the reoccurring

themes of the night was that Stacy had her own conversations going on and that she wasn't following Clooney around like a puppy dog," a source says.

"The two clearly work not only as a pair, but also independently. [Stacy] really stood on her own. George was not overprotective and didn't have to look after her."

● METRO



► George Clooney



► Stacy Keibler

ALL OTHER PHOTOS GETTY IMAGES

THE CANADIAN PRESS

## Wood not so long in tooth after party



► Evan Rachel Wood

Evan Rachel Wood celebrated a little bit too much for her 24th birthday recently, resulting in a lost tooth, the actress confessed at the Toronto International Film Festival.

"I'll never forget my 24th birthday when my tooth got punched out,"

she says.

"And for a second I was like, it would be really hilarious if I sold it on eBay. But I can't, that's just too creepy. I don't think I can go there."

As for the circumstances surrounding the tooth's removal?

"It was just past mid-

night and I was dancing with my friends in Paris," she explains.

"And just boom, I caught an elbow right in the left side of my face. I knew right away when I closed my mouth that something was really wrong."

● METRO

### Celebrity tweets



One would think using whitening toothpaste for one's entire adult life would result in white teeth



@JennyMcCarthy

I'm afraid to donate my body to science cuz I'm afraid my arm will wind up on Dr Oz.



@jimCarrey

I've always had infinite creative energy a playful nature n the courage 2 b unconventional bt envious ppl prefer to call me nuts. S'ok



@ConanOBrien

Where's my Ben & Jerry's ice cream flavor? I think people would love a bowl of "Ginger Coco Honkey Bites".



► Bradley Cooper



► Jennifer Lopez

## B.Coop and JLo may be an item

Jennifer Lopez reportedly shared an intimate dinner recently with Bradley Cooper recently, leading many to speculate that she's moving on from her divorce from Marc Antho-

ny with the Hangover star, according to TMZ. The pair shared a "romantic" meal at posh restaurant Per Se, sources tell the website.

● METRO

CIRQUE DU SOLEIL

PRESENTED BY  
Desjardins

YOUR ONLY CHANCE TO SEE  
OVO™ IN CALGARY!  
cirquedusoleil.com

NOW PLAYING  
UNDER THE GRAND CHAPITEAU  
AT STAMPEDE PARK

FOR PREFERRED SEATING, ASK FOR THE TAPIS ROUGE™ VIP EXPERIENCE  
GROUP SALES AND ☎: 1-800-450-1480

OFFICIAL SPONSORS  
BENTLEY CGI XEROX ROGERS

MEDIA PARTNERS  
OUTLINE CALGARY HERALD calgaryherald.com CTV JAC

WRITTEN AND DIRECTED BY DEBORAH COLKER

# 3 life

A new study shows



## 13%

... is the average drop of LDL cholesterol after eating the equivalent of one bowl of oats each day for six months, a new Canadian study has found. **METRO**



SpongeBob in hot water after study shows tots have short attention span afterwards



► One of the dangers of exercise addiction is that other addictions can take over.

# Addicted to exercise

► Getting fit is good ► But what happens when some people take it too far? ► Metro found out



**CELIA MILNE**  
LIFE@METRONEWS.CA

Are you addicted to exercise? While physical activity is obviously good for you, too much exercise could signal problems brewing.

"If exercise takes over from work, social activities, and sleep, that is an unhealthy behaviour," says Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, a residential treatment centre for addictions.

"If you are exercising three to four hours a day, something else is being cut out of your life," she adds. "If you are not willing to attend family functions, that's a sign you might be going overboard. It's not normal to exercise more than two hours a day, five days a week."

An interesting Parisian study done in 2008 found that 42 per cent of people using a fitness facility were dependent on exercise. It also found those with exercise addiction were more likely to engage

in compulsive shopping.

One of the dangers of exercise addiction is that if you have to stop exercising due to injury, other addictions take over.

"If you have to stop, how would you replace that high? You could turn to drinking or drugs."

Another danger is people don't stop or slow down when they should, and could get hurt.

"If they refuse to take a rest day or stop when injured, there is something wrong."

Excessive exercise is not

a formal psychiatric diagnosis, but it could become one in the future.

Meanwhile, it is one of the criteria for bulimia.

Over 50 per cent of those with eating disorders engage in excessive exercise to keep their weight down.

"Exercise itself is a very healthy behaviour, but it needs to be done with variety, in moderation and it should be fun. If you are doing it just to lose weight and not enjoying it, that is not a healthy behaviour," says Lee.

## Warning signs

We asked Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, for some signs of excessive exercising.

- You say no to social activities with friends so you can exercise
- You exercise more than two hours a day
- You would be depressed if you couldn't exercise
- You always exercise alone
- You don't get enough sleep because of exercise

The **Integrative Health Institute** at **Mount Royal University** presents...

## Andrew Weil, MD

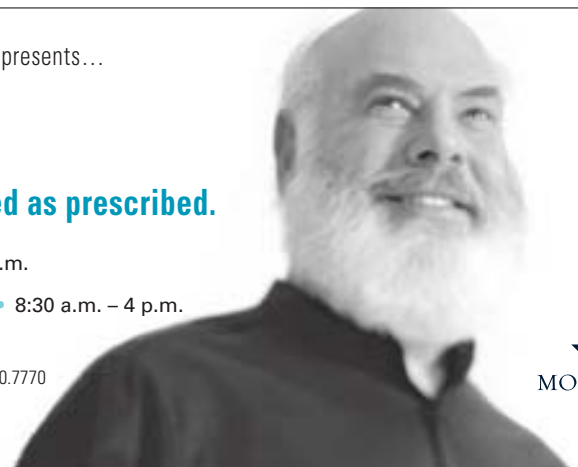
**Food is medicine, but generally not consumed as prescribed.**

Why Our Health Matters • **SEPT. 20** • Lecture • 7 – 9 p.m.

Nutrition – Food as Medicine • **SEPT. 21** • Workshop • 8:30 a.m. – 4 p.m.

Andrew Weil, MD and additional presenters

Information and tickets available online at [bodyofknowledge.ca](http://bodyofknowledge.ca) or by calling 403.440.7770





# Getting the skinny on digestion supplements

## ► The brains behind the Skinnygirl brand has launched a cleansing aid

Bethenny Frankel just wants to make your life a little easier. She's authored best-selling books and created the group of Skinnygirl Cocktails, fitness DVDs and a line of slimming undergarments.

She spoke with Metro about her two new supplement lines intended to aid digestion.

### Was Skinnygirl Daily always in the plan for your Skinnygirl brand?

It was initially gonna be a book, because people keep asking me about cleansing. I've fasted, I've juiced, I've done everything, so people wanted

me to write a book — and I probably will write a book — but I realized how much confusion there is on cleansing.

### How is your line different from other cleansers on the market?

It's not harsh or extreme. It's something you can take every single day and decide if you want to take it once a day or twice a day. You make it work for you.

### What's a typical day of eating like for you?

I don't have a typical day. I like pizza, I like French fries. I eat differently every single day.

◀ MEREDITH ENGEL



► Bethenny Frankel launches her Skinnygirl Daily product range earlier this summer.

### Yoga pose.

Prasarita padottanasana

### What you do:

**1** Stand in mountain pose and step your feet apart (around 3 feet). Rest your hands on your hips with your inner feet parallel to each other. Lift your inner arches by drawing up the inner ankles and pressing the outer edges of your feet and ball of the big toe into the floor. Engage the thigh muscles by drawing them up. Inhale and lift your chest.

**2** Exhale and lean the torso forward from the hip joint. With your torso parallel to the floor press your fingertips onto the floor directly below your shoulders. Fully extend the elbows. Move your spine evenly into the back torso so that your back is slightly concave from the tailbone to the base of the skull. Bring your



head up and direct your gaze upwards.

**3** Pushing the thighs back, lengthen the front torso and widen the pelvis. Maintain the concavity of your back and the forward lift of your sternum as you walk your fingertips between your feet. On an exhale, bend your elbows and lower your torso and head into a full forward bend pressing your palms into the floor. Hold for 1 minute.

STEPHANIE KNUTSSON,  
BODYISM YOGA INSTRUCTOR

**YOU COULD WIN**  
**THE ULTIMATE CELEBRITY EXPERIENCE**  
FROM  
**sambadays.com**  
Gift experiences

A makeover  
One night stay  
Dinner for two  
Two movie tickets

SELECT FROM OVER 65 SPAS AND 40 HOTELS/INNS ACROSS CANADA

To register and for full contest details visit [clubmetro.com](http://clubmetro.com)

**GET**  
FREE SHIPPING  
**ENTER**  
promo code  
**CLUBMETRO**

**FREE SHIPPING** of any Samba Days Gift Experience when you enter the promo code "CLUBMETRO" at [sambadays.com](http://sambadays.com)

**VISIT**  
**club**  
**metro**  
**.COM**  
**TO ENTER**

**WEIGHT WATCHERS**  
**WINS #1**  
**AT LOSING.**  
RATED #1 BEST PLAN FOR WEIGHT LOSS by U.S. News & World Report

The edge you need to finally lose weight. **WeightWatchers.**  
**PointsPlus®**  
Because it works

**Join for 1/2 Price!**

**Pay Only \$25**  
**Save \$25**

**There's a meeting near you**  
**For more info call: 1-800-651-600**  
**or visit us online at [WWAB.CA](http://WWAB.CA)**

**WeightWatchers®**

© 2011 Weight Watchers International Inc., owner of the Weight Watchers registered trademark. All rights reserved. Offer valid only in Alberta and Saskatchewan. Offer may vary in AT Work & Community Service Meetings. \*Plus GST Offer not valid for online subscription products. No cash value. Offer valid until October 1, 2011

# Breakfast and lunch coexist

► Eggs benny are right at home alongside gourmet burgers at the recently opened Blue Star Diner ► The menu also includes many gluten-free items

## LUNCH RUSH

ANH CHU

FOOD@METRONews.CA



The recently opened Blue Star Diner in Bridgeland, from the

owners of Dairy Lane Cafe, is working from a proven and popular concept. While there are some Dairy Lane repeats like the DL burger, new offerings abound as well.

We ate a grilled cheese sandwich with slices of Granny Smith apple, sautéed onions and Sylvan Star Gruyere (\$12.95) with fries and baked beans.

Everything tasted fresh, but the neutral colour



► Gluten-free Huevos Rancheros (\$12.95).

### Blue Star Diner

809 1st Ave. N.E.  
403-261-9998  
bluestardiner.ca

Reservations: No  
Licensed: Yes  
Client negotiations: Yes  
Lunch with co-workers: Yes  
Social lunch: Yes  
Quick solo lunch: Yes  
Price range: \$9 - \$15  
Rating: 4 out of 5

palette lacked "oomph" presentation-wise.

Next was the gluten-free Huevos Rancheros (\$12.95).

The crispy corn tostadas, warm refried beans and two sunny-side

up Sylvan Star eggs were complimented by some cool black bean cilantro salsa and avocado slices.

My only complaint? Although it was a hot day out, the restaurant itself was uncomfortably

warm. Otherwise, Blue Star Diner is already a well-oiled machine.

The longest part of your meal will be deciding what to order from a delectable menu with plenty of gluten-free options.

## Hidden Veggie Sammies



Be creative when packing school lunches with delicious sandwiches kids will love. That way the lunches won't come back home. These sandwiches even include vegetables.

juice, mayonnaise, mustard, chopped dill and salt.

2 Open slider buns and place on a work surface. Divide greens among bottom halves of buns. Top with scoop of tuna salad, dividing evenly, and tops of buns. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE**

### Preparation:

1 In bowl using fork, combine tuna, green onions, celery, cucumber, olive oil, lemon

### Ingredients:

- 2 cans (each 170 g) chunk light tuna in water, drained
- 2 green onions, sliced
- Small stalk celery, diced
- 30 ml (2 tbsp) diced cucumber (skin on)
- 30 ml (2 tbsp) olive oil

- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) mayo
- 10 ml (2 tsp) Dijon mustard
- 5 ml (1 tsp) fresh dill
- 0.5 ml (1/8 tsp) salt
- 9 slider mini buns
- 250 ml (1 cup) mixed baby greens

# Traditional comfort food gets remixed

### Preparation:

1 Preheat oven to 200 C (400 F) and bake pie shell according to package directions for a baked shell. Set aside

2 In saucepan, melt butter over medium heat. Add flour and mix well; cook, stirring 3 mins.

3 Whisk milk gradually into butter mix and continue to whisk until

sauce has come to a boil and is slightly thickened. Add cheddar cheese and cayenne pepper and continue to whisk for 4 mins until cheese melts and sauce is thicker and creamy smooth.

### Ingredients:

- 1 frozen pie shell
- 875 ml (3 1/2 cups) cooked elbow macaroni
- 45 ml (3 tbsp) butter
- 30 ml (2 tbsp) all-purpose flour
- 375 ml (1 1/2 cups) 2 per

cent milk

- 500 ml (2 cups) shredded sharp cheddar cheese
- Pinch cayenne pepper
- 6 slices fully cooked bacon, coarsely chopped
- 50 ml (1/4 cup) grated Parmesan cheese, divided
- Salt and pepper, to taste



► This recipe serves six.

4 In bowl, combine cooked macaroni, cheese sauce, half bacon and half Parmesan cheese. Season with salt and pepper. Fill baked

pie shell with cheese mix; top with remaining bacon and Parmesan.

5 Bake in a 200 C (400 F) oven for 25 minutes or

until top is slightly golden. Let stand for 5 minutes before serving. **THE CANADIAN PRESS/ TENDER-FLAKE & MAPLE LEAF READY CRISP FULLY COOKED BACON**

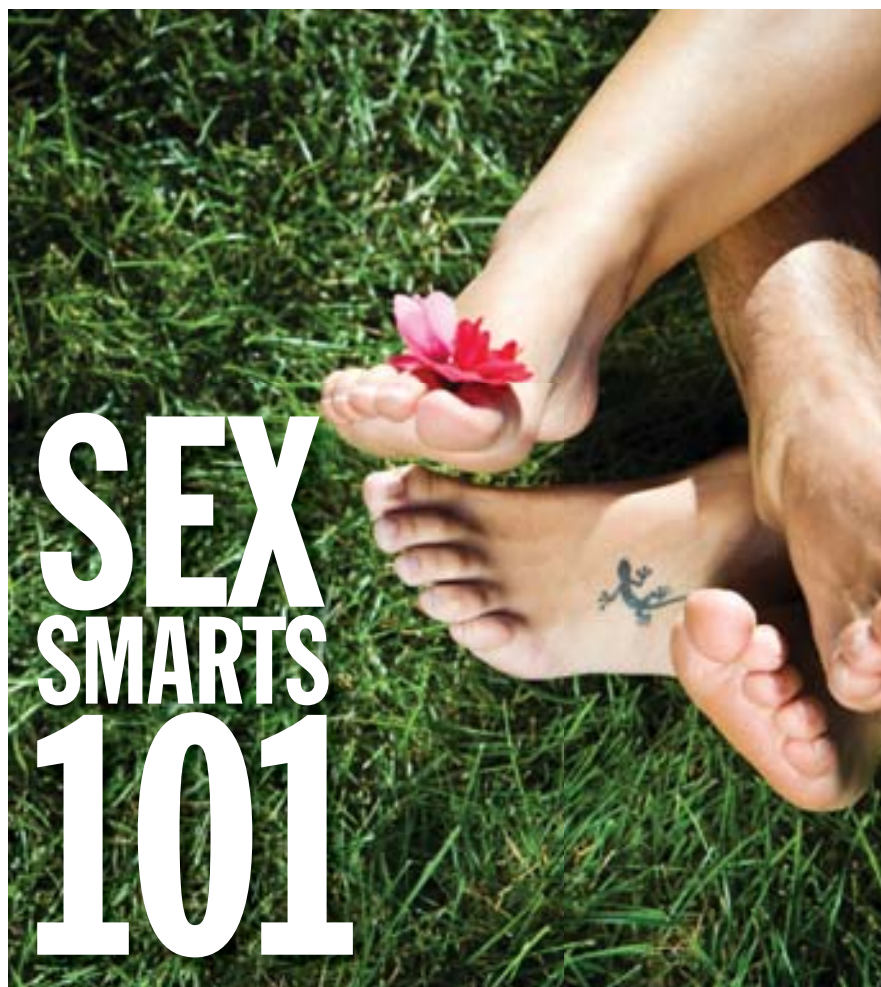
**CALGARY COMMUNITY WEIGHT LOSS CHALLENGE!**

**7 Week Weight Loss Challenge!**

Win \$\$\$ for lbs!

Call Betty 403.291.2923





# SEX SMARTS 101



ISTOCKPHOTO/THINKSTOCK

DESIGN PICS / STOCK FOUNDRY/VALUELINE/THINKSTOCK

BANANASTOCK/THINKSTOCK

**FROM FRIENDS WITH BENEFITS AND FROSH-WEEK ACTIVITIES TO DORM LIFE AND BAD REPUTATIONS, STUDENTS CERTAINLY HAVE THEIR WORK CUT OUT FOR THEM.**

Socially, that is. Never mind cramming in late-night study sessions, campus life brings with it an entirely new set of lessons. According to Dr. Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph, it's a time for serious decision making.

She says students need to make "concrete" choices about their bedroom boundaries before finding themselves in sexual situations. "Students are going to be well supplied, but they have to make decisions," she says, noting that there's an abundance of sex resources and condoms available on most campuses.

For women in particular, it's important to know one's limits. "Gender differences still exist," explains Milhausen. "Women are more inclined to feel regret than men are (after a sexual encounter)," she says. They also have the added worry of unwanted pregnancy, are more susceptible to STIs and, though unfair, have a higher risk of earning a bad reputation than their male counterparts. "Women tend to be the sexual gatekeepers," says Milhausen. "They have the freedom to have a lot of sex, but men have the advantage of being able to have sex and be judged less harshly." Milhausen encourages a two-

pronged contraception plan, combining a "hormonal barrier method," such as the birth control pill, and condoms, to reduce the risk of STIs and pregnancy.

Meanwhile, one hot campus trend was thrust into the spotlight when the film, *Friends with Benefits*, was released earlier this year. While parents may cringe at the idea of such casual sex encounters, Milhausen says it offers more benefits than

they might think. "In the past, casual sex was more about having sex with a stranger," she says. "Now they're having sex with someone who's a friend ... who they can also get emotional support from. It's another kind of relationship. It's not all doom-and-gloom — there can be less risk involved. I think parents are worried about this, but young people are very comfortable with it." That said, know what you're getting into, she advises. "Anyone calling you after 11 o'clock to watch a movie is a call to action," she says.

— Tanya Enberg



Got **questions?** We've got **answers.**

**WEKNOWSEX.CA**



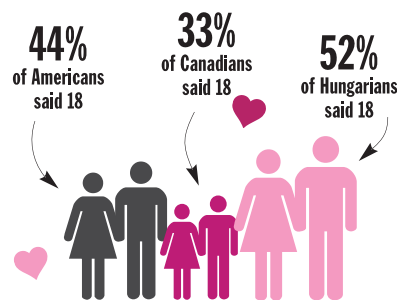
# SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT SEX:

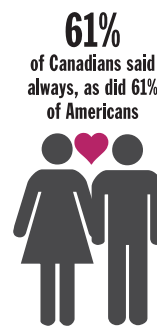


Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you! Sign up for the panel at [metropolitanpanel.ca](http://metropolitanpanel.ca), choose your country and join the global conversation.

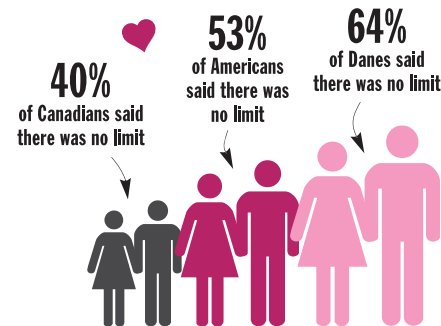
WHAT'S THE APPROPRIATE AGE TO BECOME SEXUALLY ACTIVE?



HOW OFTEN DO YOU PRACTICE SAFE SEX?



HOW MANY SEXUAL PARTNERS IN A LIFETIME IS TOO MANY?



## BREAK DOWN YOUR BARRIERS

THE FAMOUS ADAGE, LESS TALK MORE ACTION, MAY HAVE FOUND THE PERFECT FIT — BETWEEN THE SHEETS.



ISTOCKPHOTO/THINKSTOCK

"A lot of people tend to overanalyze things — especially when it's about sex," says Toronto-based psychotherapist Kimberly Moffit. But, adding extra sexual sizzle needn't be scary. If the bedroom is always the go-to place for sex, try a new room.

"Grab your partner in the shower and say, 'come on, let's go!'" she says.

If you prefer discussing your desires first, getting the conversation started is easy. "You're cuddling after sex, and say 'You know honey, that was amazing, I was thinking next time we could try ...' and fill in the blanks." Flipping through Cosmo magazine is a fun, non-intimidating way to explore sex without compromising comfort zones. "You could read it together and you might find yourself getting turned on and want to try some of the ideas." Of course, sex shops are teeming with ideas and many pharmacies carry an impressive selection of sexual goodies. "A lot of couples are ready to give up — the passion's gone — but it's always possible to revive it," says Moffit.

"A lot of the time, there's not a lot of effort being put in. You have to become creative ... Relationships take a lot of work."

**CAN'T WAIT TO GET ON!**

**TROJAN**  
NAKED SENSATIONS<sup>®</sup>  
4 different ways to get it on!

[trojan.ca](http://trojan.ca)



# FIRST ENCOUNTERS

If hyper-sexualized messages are considered highly seductive forces, many modern teens are rising above it.

“Looking back at studies done in the 1990s ... today’s youth are a little less likely to be having intercourse than their counterparts 10 or 20 years ago,” says Alex McKay, research co-ordinator at The Sex Information and Education Council of Canada (SIECCAN). “They are also more

likely to use condoms.”

This during a time of potent sexual imagery — one that saturates everything from teen dramas and music videos to highway billboards and bus shelter ads. Rather than becoming more promiscuous, the opposite is proving true.

According to the Centers for Disease Control, in 1991, 54.1 per cent of students between grades 9 and 12 reported having sex,

compared to 46 per cent in 2009.

In 1991, 46.2 per cent said they used condoms the last time they had intercourse. That number skyrockets to 61.1 in 2009.

“Today’s youth, generally speaking, are more knowledgeable about sexual health and, as a result, they take better care of their sexual health,” observes McKay.

In other words, knowledge is power.

“There’s a belief of monkey see,



STOCKBYTE/THINKSTOCK

monkey do, but teens are smarter than that,” he says.

Statistics Canada found that 43 per cent of 15 to 19 year olds had sex at least once in 2005, compared to 47 per cent in 1996-97. McKay says, on average, today’s youth have sex for the first time between 17 and 18 years of age.

Despite improvements, he says

more work is needed, including teaching media literacy and consistent sexual education.

All youth should have the “skills to take care of their sexual health before they become sexually active, because after they become sexually active, it’s too little too late.”

— Tanya Enberg

## BY THE NUMBERS

Have you ever wondered which Canadian province sells the most condoms? Or the least? Wonder no more: The following list reveals how many condoms were sold in each province or region (Newfoundland and Labrador was excluded from the survey):

**ONTARIO**  
31,651,747

**QUEBEC**  
16,940,462

**ALBERTA**  
9,384,955

**BRITISH COLUMBIA**  
8,995,550

**MANITOBA & SASKATCHEWAN**  
4,427,107

**MARITIMES**  
3,893,126

Source: AC Nielsen, L52W, period ending July 30, 2011

*Trust the experts*

**FIRST RESPONSE** LET US TELL YOU FIRST.  
tellsyounfirst.ca

\*82% get results 5 days before expected period; 98% get results 2 days before expected period. See doctor as recommended. Use as directed.

# MISSED CONCEPTIONS

**EVEN AS SEXUALLY SAVVY AS WE MIGHT BE, BIRTH CONTROL MISCONCEPTIONS CONTINUE TO BREED LIKE WILDFIRE.**

Even as sexually savvy as we might be, birth control misconceptions continue to breed like wildfire. Dr. Robin Milhausen of the University of Guelph, says some folks believe condoms can be re-used. “Condoms are single use and single partner,” she says. Meanwhile, other myths include the idea that a woman can’t get pregnant her first time having sex (uh, no); that pregnancy can’t occur if a couple

has sex standing up or if the withdrawal method is used (not so, due to the risk of pre-ejaculate) and that Saran Wrap is a condom alternative (it isn’t). — Tanya Enberg



## OUT OF THE BOX

### LUBRICATED

Straight walled condom with reservoir end with some condoms being thinner for a more natural feel.

### NAKED SENSATIONS

Allows for freedom of movement for a more natural experience. Deep ribs at end and base increase stimulation.

### MAGNUM

Larger than standard condoms for extra comfort while being tapered at the base for a secure fit.

### HER PLEASURE

Designed to help heighten her sensation and pleasure. Deep ribs for extra enjoyment and stimulation.

### FIRE & ICE

Uniquely shaped for stimulation.

FOR MORE INFORMATION, VISIT [TROJAN.CA](http://TROJAN.CA)



DOUG MENUEZ/PHOTODISC/THINKSTOCK

# TYPES OF STIs

## HPV (HUMAN PAPILLOMAVIRUS)

- HPV is the most common STI. It is believed that more than 50 per cent of sexually active people will have HPV at some point.
- There are 40 different types of HPV that can be sexually transmitted. Types 6 and 11 can cause genital warts; types 16 and 18 can lead to cervical cancer.
- You can carry and transmit an asymptomatic HPV infection long after you get it. Using condoms consistently can significantly reduce the probability of transmission.

## HSV (HERPES SIMPLEX VIRUS)

- HSV is one of the most common STIs there is, and once you have the virus, it will stay with you even when you aren't having an outbreak.
- There are two basic types of the herpes simplex virus: HSV-1 and HSV-2.
- If you get infected, but have no outbreaks, you can still transmit the virus to other people. In fact, this is how most cases of genital herpes are transmitted.

## CHLAMYDIA

- Common among teenagers and young adults in their 20s.
- If left untreated, chlamydia can cause pelvic inflammatory disease, tubal infertility, chronic pelvic pain, ectopic pregnancy, and make you more susceptible to contracting HIV.
- Chlamydia is easy to treat if it's caught early.
- Using latex, polyurethane or polyisoprene condoms reduces the chances you will be infected.

## GONORRHEA

- Gonorrhea is very infectious.
- This infection can be passed whether symptoms are showing or not.
- You can protect yourself against this infection by consistently using a condom.

## HBV (HEPATITIS B VIRUS)

- HBV is a dangerous STI that infects the liver. A vaccine is available to prevent infection.
- Many people infected with hepatitis B virus have no symptoms.
- Hepatitis B has become less common in Canada in recent years, partly because many people have been vaccinated against it. It's likely that condoms reduce the risk of transmission because HBV sized viruses are too big to pass through latex, polyurethane or polyisoprene condoms.

## HIV/AIDS

- Human immunodeficiency virus (HIV) is the cause of acquired immunodeficiency syndrome (AIDS).
- More than 65,000 Canadians have tested positive for HIV, there are about 2,500 new HIV infections each year, and it is estimated that more than a quarter of people with HIV in Canada don't know they have it.
- No one who is sexually active is immune from the possibility of HIV infection. If used consistently, latex, polyurethane or polyisoprene condoms are very effective in preventing HIV infection.

— Source: [weknowsex.ca](http://weknowsex.ca)

# PROTECT YOURSELF



Used properly, condoms can greatly reduce the risk of pregnancy and sexually transmitted infections (STIs). When you use a condom, you protect both yourself and your partner by helping prevent the spread of such STIs as herpes, chlamydia, gonorrhea, HPV and HIV.

The website [Weknowsex.ca](http://Weknowsex.ca) has lots of valuable information about STIs, including the fact that you can be infected with one but not show any symptoms, which means you may not even know you have one.

So how do you know if you're at risk? Even if you're in a monogamous relationship or you're really careful when it comes to your sexual behaviour, you're still at risk of getting an STI. That's because it's common for people to bring a symptom-free STI they don't know they have with them to a new relationship.

On the other hand, if you have an STI

with symptoms such as genital warts for HPV, lesions or blisters for genital

herpes and genital discharge and pain for chlamydia, the responsible thing to do is to tell every new sexual partner that you have an STI. That way, your partner can make an informed decision about whether to use a condom to help prevent becoming infected with your STI.

STIs tend to be more common in women than men, simply because women are more biologically susceptible to them. It's a good idea for anyone who is sexually active to get tested for STIs, especially if you've had sex without a condom. For more information about STIs, visit [weknowsex.ca](http://weknowsex.ca).



Calgary  
Sexual Health  
Centre



## Sexual Health Information for Everyone

Healthy sexuality is about more than pregnancy and disease – it's about awareness, relationships and open dialogue. We are a community-based organization that provides non-judgmental sexual and reproductive health services to Calgarians across the lifespan.

### We offer these free and confidential services:

- Pregnancy Tests
- Condoms
- Pregnancy Options Counselling
- Birth Control and STI Information and Counselling
- Talking With Your Kids About Sexuality Information

visit: [www.calgarysexualhealth.ca](http://www.calgarysexualhealth.ca)

or call: 403.283.5580

304, 301 - 14 Street NW, Calgary, Alberta T2N 2A1





► Do you usually specify "plus one" or "and family" on invitations that you send out?

## POLITE WAYS OF SAYING 'NO'

### CHARLES THE BUTLER



ASKCHARLES  
THEBUTLER@  
METRONEWS.CA

FOR MORE, VISIT  
CHARLES  
MACPHERSON.COM

Hi Charles, I'm hosting a 50th birthday party for my husband. It's a formal event at a hotel with a sit-down dinner. We didn't say "plus one" or "and family" on our invitations, and have had a few people respond asking if they can bring a friend/date/their children.

Can I politely say no or once asked am I socially obligated to say yes, or does it depend? Thanks, Politely Curious

Dear Politely Curious,

Well, you have to decide what is important to you. The short answer is that the person who is invited is named on the outside of the envelope and it is rude on behalf of the guest to put you, the hostess, in a position to ask if you can bring someone who was not invited.

Now that we all know the rule, the question is what to do? First off, do you have the room to seat these additional guests?

Lack of space is always a great and polite way out.

Secondly, if it is just one or two guests who happen to be your best friends than you might be a little more tolerant and allow them to bring someone. However, regarding children (and I love kids), if this is an adult party it is 100 per cent OK to say, "We would prefer if you would hire a baby sitter to take care of the kids that night, so that you and your husband can relax and enjoy the evening with the adults." I hope this helps and please do let us know how things turned out.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

## WITH LOVE AND LUST, THINGS CAN GET ITCHY

I am in love with an amazing woman, it's relatively new and things are going really well ... but she's just informed me that she has herpes. We've been having safe sex, and used condoms, but I know it can be transmitted regardless. I have to admit it threw me — how do I handle this? Itchy love.

Andrea: It's a little late for you to decide whether or not it's a deal-breaker as you've already slept together.

I'd take that personally, but maybe you're a bigger person.

On the bright side, many couples have managed to avoid transmission by not sleeping together during outbreaks (or touching affected areas).

However, asymptomatic transmission is possible. Think of the worst-case scenario: you get herpes.

### TWO SISTERS



ANDREA & CLAIRE  
RELATIONSHIPS@METRONEWS.CA

Ultra worst-case scenario: you get herpes, and then she dumps you. Can you handle that?

If the answer is you'd end up boiling her bunny, then maybe you should just get tested now and break it off. If you're unsure, spend some more time with each other being as safe as you can, until things are clearer.

Claire: Love is never simple, lust even less so.

She should have told

you earlier, but I assume it was a very hard confession to make, so if you like her, you have no choice but to forgive her. According to medbroadcast.com, genital herpes affects one out of six Americans, and eight out of 10 have no clue they have it.

So the bad news is that you risk becoming part of a very large club, but the good news is that if you don't have outbreaks, there are almost no other symptoms. It's like an Aeroplan — you know you have the points, but you never get to use them.

You can't choose whom you love, and considering the stats, she sounds like she's more worth the risk than someone else you might meet if you leave her for this reason alone.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

# Interpreting your wildest dreams

► Dreams are pieces of advice you are giving to yourself, says expert



HEIDI  
PATALANO  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN NEW YORK

Dream interpretation is a subject of fascination for many, but Dr. Lauri Loewenberg is the real expert.

Holding a doctorate in archetypal psychology, she can make sense of just about any dream, given the right contextual information. You can interpret your own, too, with a few tips from her new book, *Dream On It: Unlock Your Dreams, Change Your Life*.

Loewenberg says that dreams should be treated as advice you give to yourself. "Dreams are basically a conversation with the self," she says.

"Everything in your dream is about you and about your life. If you dream that a co-worker dies

or a family member dies, we think, Oh my gosh, they might die, when in fact it's something about you that's dying off or changing."

But if dreams are so specific to each person, then why do so many of us have dreams about the same things, like teeth falling out or flying?

"Look at your dreams as a language," says Loewenberg.

"They're really metaphors for your life because this is how we communicate when we talk to each other. We use metaphors. It's a picture language.

"The difference is that the dream brings it to life and puts you in it."

Loewenberg suggests keeping a journal in which you describe your dreams right after they happen and to look closely to the day before the dream in order



to figure out what it means.

"I've found that your day and your dream are always connected. Always," she says.

"You can always connect the dots between what happened in the dream and what happened that day."

Are nightmares a good thing?

It's constructive criticism. It's kind of a slap in the face that says, "Hey, wake up," this issue really needs to be taken care of already.

Do you believe dreams can be prophetic?

I hear a lot of people who have pretty compelling stories about how their dreams did kind of show them the future.

I do leave myself open to that, but also the scientist in me is still skeptical because we do, as part of human nature, tend to draw the bulls-eye around the arrow.

What's the best way to have a lucid dream?

When you set your alarm, set it to 20 or 30 minutes earlier than you need to wake you up.

When it goes off, hit the snooze button and then in that 20 to 30 minutes, you will drift back into sleep but you're not going to get deep enough to the point where you'll lose your consciousness.

NEW in the South West  
Relationship & Individual Counselling  
visit: [Lilic.ca](http://Lilic.ca) or call Lila at 403-252-3886

"How do we know our new relationship we'll work?"  
"How can we love each other again?"  
"I don't want to repeat passed mistakes"  
"How can we make this work with his, hers and ours?"  
Plus, grief, abuse, anger, conflict, depression, anxiety, trauma

**Service Directory**  
To advertise contact Carmen Kuhmayer at 403-539.4950  
FINANCIAL AND CONTRACTORS

**NEED MONEY?**  
✓ No credit checks  
✓ Fast approvals  
call 1-866-499-5629  
And get cash now!!  
[www.mynextpay.com](http://www.mynextpay.com)

**New Beginnings Contracting Ltd. is looking for a bilingual (English & Spanish) Construction Helper.**  
Mon-Fri, 9-6pm, \$19.75/hr.  
Work location at Slave Lake.  
Project-based position.  
Send resume to [nbcldt@shaw.ca](mailto:nbcldt@shaw.ca)

## CASH-SMART KIDS

## FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONEWS.CA



Parents — don't let your kids grow up financially illiterate! From

coast-to-coast, Canadian students receive limited financial literacy training through grade school. Basic financial life-lessons, like budgeting and investing, are left up to parents.

Even if you feel like your money skills aren't sharp, don't shy away from tackling this subject with your kids. They'll benefit from your real world knowledge and hopefully you'll feel extra motivated to make good financial decisions your children can look up to.

Start talking to your kids about money as soon as possible. If you're headed to

the bank or ATM, bring them with you and describe what you're doing. If you pay with a credit card versus cash, explain the difference between the two methods of payment. While grocery shopping, assign Junior the task of reading and reporting back to you the prices of produce. If you buy your child a new backpack and sneakers for \$100, tell them how many hours you had to work to make that purchase.

Play games such as Monopoly or Cash Flow. Each focuses on money issues like cash management, real estate and getting a job. Give your kids a small allowance and coach them on how to budget their money.

Buy your child stock in a company they think is cool like Google. Then, track the performance of the stock online using the portfolio tracking tool on Yahoo! Finance. You can also visit [getsmarteraboutmoney.ca](http://getsmarteraboutmoney.ca) for more resources.

## Let's open up about money

## ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Mary Ann Wong is a 37-year-old Winnipegger with a weakness for shoes and a love affair with cruise ships. She also now has the heart of a lion when it comes to vanquishing debt.

"I used to say my marriage failed because I was more into my work than my husband. But the truth is a relationship with Jimmy Choo and Carnival ended things."

It was just after Mary Ann plunked down more than \$1,000 for a pair of chart-topping biker-style Jimmy Choo boots, which she intended to wear on an upcoming girlfriend Carnival cruise, that her husband packed his eight-year-old

sneakers and left.

"I was so mad at myself screwing up a marriage over clothes and trips that I had to find some way to punish myself," she wrote to me last year. Her self-inflicted punishment consisted of an entire year without spending one thin dime on anything but the essentials. Before that, she'd never even gone a week without buying something. Agony.

I recently got back in touch with Mary Ann because her story might win her \$5,000.

A new contest by Credit Education Week Canada (an initiative of the not-for-profit, credit counselling charity, Credit Canada), and sponsored by Capital One, offers three prizes, \$1,000, \$2,000 and \$5,000 to adults for a 300-word story about their experience with credit and debt and how they have conquered problems.

I love this contest because money woes are still



► Alison's money rule: Talking or writing about your financial problems and solutions will not only inspire you but others as well.

a big taboo in our society. We'd rather reveal details of our sex lives than our financial affairs. Even if you don't win, you'd be amazed at how therapeutic writing about money problems can be.

I've seen the effect on people; the minute they admit their financial problems — whether they are of their own making, à la Mary Ann, or as a result of circumstance. You can actually see the release as stress and shame lift.

Here's a contest tip: aim for humour, inspiration and/or pathos. Those three emotions always catch judges' attention.

But hurry, you have to get your story in between this Friday and Oct. 21 and the winning entries will be published in Metro and posted on the Credit Education Week Canada site. Oh, and about Mary Ann. She and her ex are dating again.

CONTACT ALISON AT [ALISONGRIFFITHS.CA](mailto:ALISONGRIFFITHS.CA) OR [AT.GRIFFITHS.ALISON@GMAIL.COM](mailto:AT.GRIFFITHS.ALISON@GMAIL.COM)

## POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

**A:** Money in America? Is that an oxymoron?

**B:** You should invest! You can't get the ups without going through the downs.

## FIND TIPS &amp; TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at [Metronews.ca/YourMoney](http://Metronews.ca/YourMoney)

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by:



metro

## Could your body heat give away your ATM pin?



CASSANDRA GARRISON

LIFE@METRONEWS.CA

METRO WORLD NEWS IN NEW YORK

You wait until there's no one behind you. You look over your shoulder. You block the view of the key pad with your other hand.

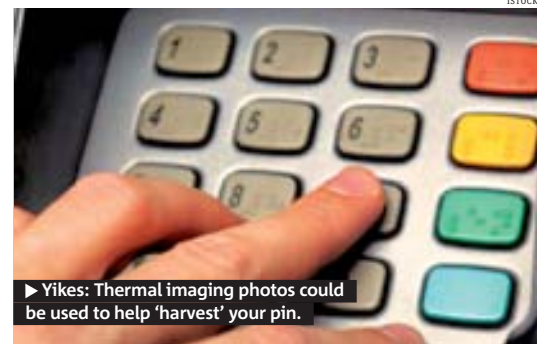
Unfortunately, it might not be enough as researchers have revealed yet another way thieves can steal your ATM pin.

The good news is that they'd have to be super techie, speedy thieves to ever pull it off.

It requires taking a thermal imaging photo of the key pad within about 45 seconds of you touching it.

Researchers at the University of California at San Diego found that residual heat from your fingertips is left behind

**The good news is that they'd have to be super techie, speedy thieves to ever pull it off.**



► Yikes: Thermal imaging photos could be used to help 'harvest' your pin.

after you punch in your pin number.

Then thieves can use an infrared camera to "pin harvest" and see exactly which keys you pressed.

This doesn't necessarily mean you have to start poking the key pad with a random object you happen to be carrying at that moment (pen, car keys, popsicle stick).

Researchers found that how hard you press the keys and your body temperature can both affect the results.

Additionally, only plas-

tic key pads hold body heat long enough to determine which keys were pressed.

Researchers had about an 80 per cent success rate if they got to the key pad within 10 seconds.

It dropped to about 60 per cent if they waited longer than 45 seconds.

The researchers say thermal imaging isn't exactly all the rage among the thief community... yet.

Let's just hope that these widely published findings don't give them any ideas.



# 'Amazing year' continues

- Djokovic beats Nadal in four sets to win first U.S. Open title
- He now has record of 64-2 this year with 10 tournament titles

Novak Djokovic produced a nearly perfect performance to match his nearly perfect season.

Returning brilliantly, swatting winners from all angles, the No. 1-ranked Djokovic held on to beat defending champion Rafael Nadal 6-2, 6-4, 6-7 (3), 6-1 last night in a final chock-full of lengthy, mesmerizing points to earn his first U.S. Open title and third Grand Slam trophy of 2011.

Djokovic improved to 64-2 with 10 tournament titles in a simply spectacular year, one of the greatest in the history of men's tennis — or any sport, for that matter.

"I've had an amazing year," Djokovic said, "and it keeps going."

Against No. 2 Nadal, Djokovic is 6-0, all in finals — three on hard courts, including yesterday; two on clay; and one on grass at Wimbledon in July. Djokovic also won the Australian Open in January, and is only the sixth man in the 40-plus years of the Open era to collect three major titles in a single season.

"Obviously I'm disappointed, but you know what this guy is doing is unbelievable," Nadal said.

Addressing Djokovic, Nadal added: "What you did this year is impossible to repeat, so well done."

Djokovic attributes his rise this season to a num-

## 82-3

**John McEnroe's record in 1984, the best win-loss ratio in the modern era. Roger Federer was 81-4 in 2005.**

ber of factors, including a vastly improved serve, better fitness — owing, at least in part, to a gluten-free diet he doesn't like to discuss in any detail — and a seemingly endless reservoir of confidence that dates to December, when he led Serbia to its first Davis Cup title.

That's where Djokovic began a 43-match winning streak that ended with a semifinal loss to Federer in the French Open semifinals. The only other blemish on Djokovic's 2011 record was a loss to Andy Murray in the Cincinnati Masters final last month; Djokovic stopped playing while trailing, citing a painful shoulder.

That was the 24-year-old Serb's last match before heading to Flushing Meadows. His shoulder was fine, clearly, and while he was treated by a trainer for a bad back three times in the late going yesterday — perhaps the reason his serves slowed to under 100 miles per hour in the fourth set — he overcame it.

THE ASSOCIATED PRESS



► Novak Djokovic reacts after winning match point against Rafael Nadal yesterday.

# 4

sports

### Quoted



**"As hard as the losses are, you've got to be able to celebrate these a little and try to remember what it feels like. Obviously, we love that feeling and want to keep it going."**

**BUFFALO QUARTERBACK RYAN FITZPATRICK, AFTER AN OFF-SEASON OF QUESTION MARKS AND CRITICISM, THE BILLS ARE OFF ON THE RIGHT TRACK FOLLOWING AN EYE-OPENING 41-7 WIN AT KANSAS CITY ON SUNDAY.**



Scan code for more sports news.

## Russian team lost to plane crash will miss KHL season

The hockey team wiped out by a plane crash last week will not take part in this year's Kontinental Hockey League season, Russian Sports Minister Vitaly Mutko said yesterday.

Mutko said that Lokomotiv Yaroslavl would be demoted to a lower league as part of a gradual rebuilding

program, which was team management's wish.

"At a meeting with the president, we arrived at the conclusion that we must support those decisions taken by the club," Mutko said after a high-level discussion on plans for Lokomotiv chaired by Russian President Dmitry Medvedev.

Officials had expressed hopes Lokomotiv could be revived in time to take part in the current season, which began yesterday, by drafting in players from other KHL teams. Those plans appear to have been shelved in favour of more long-term reconstruction plans. THE ASSOCIATED PRESS

### NFL

## Week 1 takes toll on Rams

The St. Louis Rams could be without running back Steven Jackson for next Monday's game against the New York Giants, while quarterback Sam Bradford is expected to play despite a bruised index finger.

Those weren't the only injuries the Rams suffered in Sunday's 31-13 loss to Philadelphia. Cornerback Ron Bartell is likely out for the season with two breaks in his neck and wide receiver Danny Amendola dislocated his left elbow.

Jackson ran for a 47-yard touchdown on the Rams' first play, and carried once more for nine yards before leaving due to a strained right quadriceps. THE ASSOCIATED PRESS

## MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	88	57	.607	—
Boston	85	61	.582	3½
Tampa Bay	82	64	.562	6½
Toronto	74	73	.503	15
Baltimore	58	88	.397	30½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	85	62	.578	—
Chicago	73	73	.500	11½
Cleveland	72	72	.500	11½
Kansas City	62	86	.419	23½
Minnesota	59	87	.404	25½

WEST DIVISION				
	W	L	Pct	GB
Texas	83	64	.565	—
Los Angeles	80	66	.548	2½
Oakland	66	80	.452	16½
Seattle	61	85	.418	21½

## Last night's results

Tampa Bay 5 Baltimore 2  
 Detroit 14 Chicago White Sox 4  
 L.A. Angels at Oakland  
 N.Y. Yankees at Seattle  
**Sunday's results**  
 Detroit 2 Minnesota 1  
 Toronto 6 Baltimore 5  
 Tampa Bay 9 Boston 1  
 Cleveland 7 Chicago White Sox 3  
 Texas 8 Oakland 1  
 N.Y. Yankees 6 L.A. Angels 5  
 Kansas City 2 Seattle 1  
**Tonight's games**  
 Tampa Bay (Price 12-12) at Baltimore (Simon 4-8), 7:05 p.m.  
 Toronto (Morrow 9-10) at Boston (Wakefield 6-6), 7:10 p.m.  
 Cleveland (Masterson 11-9) at Texas (M.Harrison 11-9), 8:05 p.m.  
 Detroit (Verlander 22-5) at Chicago White Sox (Floyd 12-10), 8:10 p.m.  
 Minnesota (Pavano 8-11) at Kansas City (Chen 10-7), 8:10 p.m.  
 L.A. Angels (J.Williams 3-0) at Oakland (Moscocco 8-8), 10:05 p.m.  
 N.Y. Yankees (A.J.Burnett 9-11) at Seattle (Furbush 3-8), 10:10 p.m.  
**Tomorrow's games**  
 Toronto at Boston, 1:35 p.m.  
 Detroit at Chicago White Sox, 2:10 p.m.  
 L.A. Angels at Oakland, 3:35 p.m.  
 Minnesota at Kansas City, 4:10 p.m.  
 Cleveland at Texas, 7:05 p.m.  
 Tampa Bay at Baltimore, 7:05 p.m.  
 N.Y. Yankees at Seattle, 10:10 p.m.

## LACROSSE

## MANN CUP

## CANADIAN SENIOR CHAMPIONSHIP

At Langley, B.C.  
 (Best-of-7)  
 All Times Eastern  
**BRAMPTON (ONT.) VS. LANGLEY (B.C.)**  
 (Brampton leads series 3-1)  
**Last night's result**  
 Brampton vs. Langley  
**Sunday's result**  
 Brampton 5 Langley 4  
**Tomorrow's game**  
 x-Brampton vs. Langley, 10:45 p.m.

## NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	94	50	.653	—
Atlanta	84	64	.568	12
New York	71	76	.483	24½
Washington	68	77	.469	26½
Florida	67	79	.459	28
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	86	62	.581	—
St. Louis	79	68	.537	6½
Cincinnati	71	76	.483	14½
Pittsburgh	67	80	.456	18½
Chicago	65	82	.442	20½
Houston	50	97	.340	35½

WEST DIVISION				
	W	L	Pct	GB
Arizona	85	62	.578	—
San Francisco	76	70	.521	8½
Los Angeles	72	73	.497	12
Colorado	69	77	.473	15½
San Diego	63	84	.429	22

## Last night's results

Pittsburgh 6 St. Louis 5  
 Chicago Cubs 12 Cincinnati 8  
 Florida 5 Atlanta 4 (12 innings)  
 Washington 3 N.Y. Mets 2  
 Houston 5 Philadelphia 1  
 Arizona at L.A. Dodgers  
 San Diego at San Francisco  
**Sunday's results**  
 Florida 4 Pittsburgh 1  
 Washington 8 Houston 2  
 Milwaukee 3 Philadelphia 2  
 St. Louis 6 Atlanta 3  
 Colorado 4 Cincinnati 1  
 San Francisco 8 L.A. Dodgers 1  
 San Diego 7 Arizona 6  
 Chicago Cubs 10 N.Y. Mets 6 (11 ins)  
**Tonight's games**  
 St. Louis (C.Carpenter 9-9) at Pittsburgh (Karstens 9-8), 7:05 p.m.  
 Chicago Cubs (Demoster 10-11) at Cincinnati (Leake 11-9), 7:10 p.m.  
 Florida (Hand 1-6) at Atlanta (Minor 5-2), 7:10 p.m.  
 Washington (Wang 2-3) at N.Y. Mets (Gee 12-6), 7:10 p.m.  
 Philadelphia (Hamels 14-7) at Houston (Happ 5-15), 8:05 p.m.  
 Colorado (Rogers 6-5) at Milwaukee (Greinke 14-6), 8:10 p.m.  
 Arizona (I.Kennedy 19-4) at L.A. Dodgers (Billingsley 10-10), 10:10 p.m.  
 San Diego (Luebke 5-9) at San Francisco (Cain 11-10), 10:15 p.m.  
**Tomorrow's games**  
 Florida at Atlanta, 12:05 p.m.  
 St. Louis at Pittsburgh, 12:35 p.m.  
 Philadelphia at Houston, 2:05 p.m.  
 San Diego at San Francisco, 3:45 p.m.  
 Chicago Cubs at Cincinnati, 7:10 p.m.  
 Washington at N.Y. Mets, 7:10 p.m.  
 Colorado at Milwaukee, 8:10 p.m.  
 Arizona at L.A. Dodgers, 10:10 p.m.

## RUGBY

## WORLD CUP

All times Eastern  
**FIRST ROUND**  
**Tonight's game**  
 At Roturua  
 Samoa vs. Namibia, 10:30 p.m.  
**Tomorrow's games**  
 At Whangarei  
 Tonga vs. Canada, 1 a.m.  
 At Invercargill  
 Scotland vs. Georgia, 3:30 a.m.

## CFL

## WEEK 11

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	10	7	3	0	242	229	14		
Montreal	10	6	4	0	317	251	12		
Hamilton	10	5	5	0	273	270	10		
Toronto	10	2	8	0	206	290	4		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Calgary	10	7	3	0	269	258	14		
Edmonton	10	6	4	0	229	227	12		
B.C.	10	4	6	0	260	225	8		
Saskatchewan	10	3	7	0	237	283	6		
<b>Sunday's results</b>									
Montreal 43 Hamilton 13									
Saskatchewan 45 Winnipeg 23									
<b>Saturday's results</b>									
B.C. 28 Toronto 6									
<b>Friday's result</b>									
Calgary 30 Edmonton 20									

## WEEK 12

All times Eastern  
**Friday, Sept. 16**  
 Edmonton at Hamilton, 7:30 p.m.  
**Saturday, Sept. 17**  
 Toronto at Saskatchewan, 4 p.m.  
 B.C. at Calgary, 7 p.m.  
**Sunday, Sept. 18**  
 Winnipeg at Montreal, 1 p.m.

## SCORING LEADERS

(x=scored two-point convert)

	TD	C	FG	S	Pts
Whyte, Mtl	0	33	26	6	117
Medlock, Ham	0	27	26	4	109
McCallum, BC	0	23	27	2	106
Palardy, Wpg	0	20	26	4	102
Paredes, Cal	0	24	21	4	91
Duval, Edm	0	17	14	14	73
Prefontaine, Tor	0	15	17	2	68
Richardson, Mtl	8	0	0	0	48
E.Johnson, Sask	0	11	10	5	46
Edwards, Wpg	7	0	0	0	42
Getzlar, Sask	7	0	0	0	42
Stala, Ham	7	0	0	0	42
Cobourne, Ham	6	0	0	0	36
Brown, BC	5	0	0	0	30
Dressler, Sask	5	0	0	0	30
Foster, BC	5	0	0	0	30
Diedrick, Mtl	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Q.Porter, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Milo, Sask	0	16	4	1	29
Schiavone, Edm	0	4	8	0	28
Boyd, Tor	4	0	0	0	24
Bratton, Mtl	4	0	0	0	24
Cates, Sask	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Joseph, Edm	4	0	0	0	24
Lewis, Cal	4	0	0	0	24
Simon, BC	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
C.Williams, Ham	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brink, Wpg	3	0	0	0	18
Bruce, Ham-BC	3	0	0	0	18
Burris, Cal	3	0	0	0	18
Charles, Sask	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Hughes, Sask	3	0	0	0	18
D.Porter, Edm	3	0	0	0	18
Rambo, Cal	3	0	0	0	18
Reid, Wpg	3	0	0	0	18
Reynolds, Cal	3	0	0	0	18
Rideau, Tor	3	0	0	0	18
Robertson, BC	3	0	0	0	18
Shaw, Tor	0	5	4	1	18

## NFL

## WEEK ONE

## AMERICAN CONFERENCE

EAST					
	W	L	T	Pct	PF PA
Buffalo	1	0	0	1.000	41 7
New England	1	0	0	1.000	38 24
N.Y. Jets	1	0	0	1.000	27 24
Miami	0	1	0	.000	24 38

SOUTH					
	W	L	T	Pct	PF PA
Houston	1	0	0	1.000	34 7
Jacksonville	1	0	0	1.000	16 14
Tennessee	0	1	0	.000	14 16
Indianapolis	0	1	0	.000	7 34

NORTH					
	W	L	T	Pct	PF PA
Baltimore	1	0	0	1.000	35 7
Cincinnati	1	0	0	1.000	27 17
Cleveland	0	1	0	.000	17 27
Pittsburgh	0	1	0	.000	7 35

WEST					
	W	L	T	Pct	PF PA
San Diego	1	0	0	1.000	24 17
Denver	0	0	0	.000	0 0
Oakland	0	0	0	.000	0 0
Kansas City	0	1	0	.000	7 41

## NATIONAL CONFERENCE

EAST					
	W	L	T	Pct	PF PA
Washington	1	0	0	1.000	28 14
Philadelphia	1	0	0	1.000	31 13
Dallas	0	1	0	.000	24 27
N.Y. Giants	0	1	0	.000	14 28

SOUTH					
	W	L	T	Pct	PF PA
New Orleans	0	1	0	.000	34 42
Tampa Bay	0	1	0	.000	20 27
Carolina	0	1	0	.000	21 28
Atlanta	0	1	0	.000	12 30

NORTH					
	W	L	T	Pct	PF PA
Chicago	1	0	0	1.000	30 12
Detroit	1	0	0	1.000	27 20
Green Bay	1	0	0	1.000	42 34
Minnesota	0	1	0	.000	17 24

WEST					
	W	L	T	Pct	PF PA
San Francisco	1	0	0	1.000	33 17
Arizona	1	0	0	1.000	28 21
Seattle	0	1	0	.000	17 33
St. Louis	0	1	0	.000	13 31

## Last night's results

New England 38 Miami 24  
 Oakland at Denver  
**Sunday's results**  
 Arizona 28 Carolina 21  
 Baltimore 35 Pittsburgh 7  
 Buffalo 41 Kansas City 7  
 Chicago 30 Atlanta 12  
 Cincinnati 27 Cleveland 17  
 Detroit 27 Tampa Bay 20  
 Houston 34 Indianapolis 7  
 Jacksonville 16 Tennessee 14  
 Philadelphia 31 St. Louis 13  
 San Diego 24 Minnesota 17  
 Washington 28 N.Y. Giants 14  
 N.Y. Jets 27 Dallas 24  
**Thursday's result**  
 Green Bay 42 New Orleans 34

## CIS FOOTBALL

## WEEK TWO

## ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saint Mary's	1	1	0	0	54	14	2
Acadia	1	1	0	0	43	10	2
Mt. Allison	1	0	1	0	14	54	0
St. F. Xavier	1	0	1	0	10	43	0

QUEBEC CONFERENCE							
	GP	W	L	T	PF	PA	Pt
Sherbrooke	2	2	0	0	64	36	4
Laval	2	2	0	0	60	22	4
Montreal	2	1	1	0	38	37	2
Concordia	2	1	1	0	33	54	2
Bishop's	2	0	2	0	41	50	0
McGill	2	0	2	0	26	63	0

## ONTARIO CONFERENCE

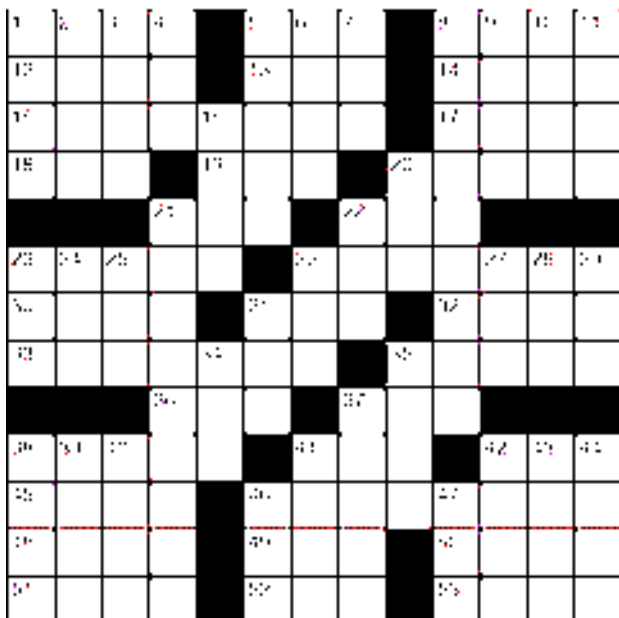
ONTARIO CONFERENCE							
	GP	W	L	T	PF	PA	Pt
Western Ontario	2	2	0	0	134	43	4
Windsor	2	2	0	0	79	45	4
Ottawa	2	2	0	0	54	14	4



## Crossword

### Across

- 1 Swedish pop quartet  
5 Distant  
8 Hairless  
12 Skelton's Kadiddle-hopper  
13 Brazilian resort city  
14 Met melody  
15 Big name in appliances  
17 Ponce de —  
18 34-Down's mate  
19 Ex-GI  
20 Entry form  
21 Marry  
22 Dine  
23 Actor Fonda  
26 Sanit workers' job  
30 Hertz rival  
31 Transmit electronically  
32 Shakespeare villain  
33 Ruin  
35 Build a wing  
36 Peace (Lat.)  
37 Mel of Cooper-stown



- 38 "— Buddies"  
41 Pair  
42 Insult (SL)  
45 Opposed  
46 Locate precisely  
48 Tilt  
49 Consumed  
50 Walk the floor  
51 Shoppers' mecca  
52 Neither mate  
53 Cabbage salad  
**Down**  
1 Rue the run  
2 Huff and puff  
3 — noire  
4 Pump up the vol.  
5 Cooked in a skillet  
6 "— Misbehavin' "  
7 Decay  
8 Pen type  
9 Vicinity  
10 MGM mascot  
11 Unpleasantly moist  
16 Finished  
20 Vagrant  
21 Cadets' place  
22 Gender  
23 Cushion  
24 Leading lady?  
25 "— the season ..."  
26 Shaft of light  
27 Moving truck  
28 Time of your life?  
29 Bagel topper  
31 "The Simpsons" network  
34 See 18-Across  
35 On  
37 Title holder  
38 Soothing ointment  
39 Draftable  
40 Celebrity  
41 One of the Jackson 5  
42 Rotary phone feature  
43 Erstwhile Peruvian

- 44 Ratatouille, e.g.  
46 Zero-star review  
47 Chances, for short

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### ► Yesterday's answer



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

*My Venus  
I know millions of people  
read this daily, and I want  
the world to know how  
much "I LOVE YOU". You are  
everything I've ever want-  
ed, and all the times we've  
shared and memories we've  
made, I want to last forever.  
I'll never hurt you, or treat  
you bad, but Love you like  
no one else ever has. This I  
promise you! A&F*

FROM JAYJAY

*mikhail,  
it was nice spending the  
weekend together...:) i miss  
you already see you soon  
love!*

FROM LOVELY LADY

*S,  
From the minute I met you I  
was head over heels for  
you. I think about you day  
and night. Just wish we had  
more time together. Love  
you!*

FROM C

## A look at the weather

- TODAY** Min 8° Max 12°  
**TOMORROW** Min 5° Max 15°  
**THURSDAY** Min 7° Max 22°

### Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



## Today's horoscope

**♈ Aries** March 21-April 20 You are very much on the right course, so keep going.

**♉ Taurus** April 21-May 21 Resist the urge to get involved in quarrels that do not concern you.

**♊ Gemini** May 22-June 21 If there is something you want to do, something you have been thinking about for months, start it right now.

**♋ Cancer** June 22-July 22 It's likely you will feel a bit rundown over the next 24 hours.

**♌ Leo** July 23-Aug. 23 Stand back

from what you are working on today and remind yourself what the bigger picture looks like.

**♍ Virgo** Aug. 24-Sept. 22 There is someone in your life who acts like a friend but who secretly resents your success.

**♎ Libra** Sept. 23-Oct. 23 If you cannot discuss things amicably today you must agree to disagree.

**♏ Scorpio** Oct. 24-Nov. 22 If you adopt too rigid an approach on the work front you will lose out to someone who is more able to adapt.

**♐ Sagittarius** Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♑** Be careful what you say over the next 24 hours.

**♒ Capricorn** Dec. 22-Jan. 20 Don't make accusations that you have no way of proving.

**♓ Aquarius** Jan. 21-Feb. 18 Be brave and stand up for your rights.

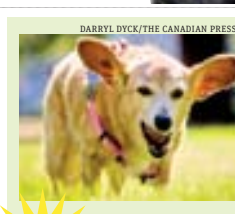
**♈ Pisces** Feb. 19-March 20. Don't take on any extra work today. You may think you can cope, you may think you have got energy to spare, but later on you may wish you had been more cautious. Think of your health, both physical and emotional.

● SALLY BROMPTON

## Caption contest



"Are these tan lines obvious?" KENNY L.



## WIN! You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

**Mountain Of Fire & Miracles Ministries**  
GLORY HOUSE  
2011 Great Deliverance Crusade  
And Church Building Dedication  
**Ministering - Dr. D. K. Olukoya**  
(General Overseer MFM Ministries Worldwide)  
Saturday, Sept. 17th @ 5pm & Sunday, Sept. 18th @ 9am  
8103 - 48 avenue NW • 403.402.5995, 403.860.0747  
**JESUS CHRIST IS LORD!**

**DHQ** DIGITAL HEADQUARTERS IMAGING CENTRE  
• Corporate Communication Printing  
• Business Stationary, Carbonless Forms  
• Training & Software Manuals  
403.265.COPY (2679)  
www.dhq.ca • Email: digital@dhq.ca  
606 - 6TH STREET S.W.

**Adventure!**  
Teach English Overseas  
• TESOL Certified in 5 Days  
• In-Class or Online  
• No Degree Required!  
**1.888.270.2941**  
Job Guaranteed!  
Next in-class course: October 12th - 16th  
Next Seminar: Sept 27th @ 7pm  
Travelodge University Hotel  
[www.globatesol.com](http://www.globatesol.com)  
GLOBAL TESOL COLLEGE  
Real English Worldwide



# MINOR HAIL MASSIVE SALE

## HUGE SAVINGS

**Cadillac Buick GMC Chevrolet**



2011 CHEV  
AVEO  
Stock #IT149770

MSRP	\$15,750
GM REBATE	- \$4,500
HAIL REBATE	- \$2,000
GSL REBATE	- \$551

**CUSTOMER  
PAYS FROM \$8,699**



2011 CHEV  
MALIBU  
Stock #IZ330012

MSRP	\$26,115
GM REBATE	- \$4,600
HAIL REBATE	- \$1,700
GSL REBATE	- \$820

**CUSTOMER  
PAYS FROM \$18,995**



2011 GMC  
CREW CAB  
4X4  
Stock #TP214519

MSRP	\$41,265
GM REBATE	- \$9,000
HAIL REBATE	- \$1,100
GSL REBATE	- \$3,170

**CUSTOMER  
PAYS FROM \$27,995**



2011 CHEV  
EXT CAB  
4X4  
Stock #CR207604

MSRP	\$38,745
GM REBATE	- \$10,000
HAIL REBATE	- \$1,300
GSL REBATE	- \$2,995

**CUSTOMER  
PAYS FROM \$24,450**

**If you can see it  
we'll fix it AND give  
you the credit!**



2011 CHEV  
CAMARO  
LS  
Stock #IF185303

MSRP	\$28,885
GM REBATE	- \$3,000
HAIL REBATE	- \$1,000
GSL REBATE	- \$1,435

**CUSTOMER  
PAYS FROM \$23,450**

**ONLY AT  
GSL CHEV CITY**  
or [gslchevcity.com](http://gslchevcity.com)

Toll Free Hotline 1-866-939-1898 • 1720 Bow Trail SW

All rebates to dealer and hail credits may vary. Vehicles not exactly as shown.

AMVIC LICENSEE

